

Koryo Poomsae 고려 품새							
Count	Front Leg	Stance	Limb Used	Technique	서기	기술	Note
Junbi 준비	Left Steps	Parallel Stance	Both Hands	Pushing Ready Posture	Naranhi Seogi 나란히 서기	Tongmilgi Junbi Jase 통일기 준비 자세	5 Seconds
1	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
2a			Right Foot	Repeating Side Kick		Geodeup Yeop Chagi 거듭 열 차기	Knee → Face
2b			Right Hand	Knife Hand Outward Strike		Sonnal Bakkat Chigi 손날 바깥 치기	
2c	Right	Forward Stance	Left Fist	Reverse Punch	Ap Gubi 앞 굽이	Baro Jireugi 바로 지르기	
2d	Right	Backward Stance	Right Arm	Inward Block	Dwit Gubi 뒷 굽이	Momtong An Makgi 몸통 안 막기	
3	Right	Backward Stance	Right Arm Block + Left Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
4a			Left Foot	Repeating Side Kick		Geodeup Yeop Chagi 거듭 열 차기	Knee → Face
4b			Left Hand	Knife Hand Outward Strike		Sonnal Bakkat Chigi 손날 바깥 치기	
4c	Left	Forward Stance	Right Fist	Reverse Punch	Ap Gubi 앞 굽이	Baro Jireugi 바로 지르기	
4d	Left	Backward Stance	Left Arm	Inward Block	Dwit Gubi 뒷 굽이	Momtong An Makgi 몸통 안 막기	
5a	Left	Forward Stance	Left Arm	Knife Hand Downward Block		Sonnal Naeryeo Makgi 손날 내려 막기	
5b			Right Hand	Arc Hand Forward Strike	Ap Gubi 앞 굽이	Ageumson Ap Chigi 아금손 앞 치기	
6a			Right Foot	Front Kick		Ap Chagi 앞 차기	
6b			Right Arm	Knife Hand Downward Block		Sonnal Naeryeo Makgi 손날 내려 막기	
6c	Right	Forward Stance	Left Hand	Arc Hand Forward Strike	Ap Gubi 앞 굽이	Ageumson Ap Chigi 아금손 앞 치기	
7a			Left Foot	Front Kick		Ap Chagi 앞 차기	
7b			Left Arm	Knife Hand Downward Block		Sonnal Naeryeo Makgi 손날 내려 막기	
7c	Left	Forward Stance	Right Hand	Arc Hand Forward Strike	Ap Gubi 앞 굽이	Ageumson Ap Chigi 아금손 앞 치기	Kihap
8a			Right Foot	Front Kick		Ap Chagi 앞 차기	
8b	Right	Forward Stance	Left Hand Strike + Right Hand Grab	Knee Destruction	Ap Gubi 앞 굽이	Mureup Kkeokgi 무릎 꺾기	Ageumson Naeryeo Chigi 아금손 내려 치기
9	Right	Forward Stance	Both Arms	Inner Forearm Middle Opening Block	Ap Gubi 앞 굽이	An Palmok Momtong Hechyeo Makgi 안 팔목 몸통 헤쳐 막기	Right Over Left
10a			Left Foot	Front Kick		Ap Chagi 앞 차기	
10b	Left	Forward Stance	Right Hand Strike + Left Hand Grab	Knee Destruction	Ap Gubi 앞 굽이	Mureup Kkeokgi 무릎 꺾기	
10c	Left	Walking Stance	Both Arms	Inner Forearm Middle Opening Block	Ap Seogi 앞 서기	An Palmok Momtong Hechyeo Makgi 안 팔목 몸통 헤쳐 막기	Left Over Right
11a			Left Arm	Knife Hand Side Block		Sonnal Yeop Makgi 손날 열 막기	
11b	Left	Riding Stance	Right Fist	Target Punch	Juchum Seogi 주춤 서기	Pyojeok Jireugi 표적 지르기	
12a	Right	Front Cross Stance			Ap Kkoa Seogi 앞 꼬아 서기		
12b			Left Foot	Side Kick + Small Hinge		Yeop Chagi + Jageun Doljeogwi 열 차기 + 작은 돌쩌귀	Hinge At Right Hip
12c	Right	Forward Stance	Left Hand	Low Spear Hand Turn Over Thrust	Ap Gubi 앞 굽이	Arae Pyeonsonkkeut Jeohyeo Jjireugi 아래 편손끝 찌며 찌르기	
12d	Right	Walking Stance	Right Arm	Downward Block	Ap Seogi 앞 서기	Naeryeo Makgi 내려 막기	
13a	Left	Walking Stance	Left Hand	Palm Heel Pressing Block	Ap Seogi 앞 서기	Batangson Nulleo Makgi 배타손 눌러 막기	
13b			Right Elbow Strikes + Left Hand Assists	Assisted Elbow Side Strike		Palgup Geodeureo Yeop Chigi 팔굽 거들어 열 차기	
14a	Right	Riding Stance	Right Arm	Knife Hand Side Block	Juchum Seogi 주춤 서기	Sonnal Yeop Makgi 손날 열 막기	
14b			Left Fist	Target Punch		Pyojeok Jireugi 표적 지르기	
15a	Left	Front Cross Stance			Ap Kkoa Seogi 앞 꼬아 서기		
15b			Right Foot	Side Kick + Small Hinge		Yeop Chagi + Jageun Doljeogwi 열 차기 + 작은 돌쩌귀	Hinge At Left Hip
15c	Left	Forward Stance	Right Hand	Low Spear Hand Turn Over Thrust	Ap Gubi 앞 굽이	Arae Pyeonsonkkeut Jeohyeo Jjireugi 아래 편손끝 찌며 찌르기	
15d	Left	Walking Stance	Left Arm	Downward Block	Ap Seogi 앞 서기	Naeryeo Makgi 내려 막기	
16a	Right	Walking Stance	Right Hand	Palm Heel Pressing Block	Ap Seogi 앞 서기	Batangson Nulleo Makgi 배타손 눌러 막기	
16b	Left	Riding Stance	Left Elbow Strikes + Right Hand Assists	Assisted Elbow Side Strike	Juchum Seogi 주춤 서기	Palgup Geodeureo Yeop Chigi 팔굽 거들어 열 차기	
17a	Both	Closed Stance	Right Fist	Hammer Fist Low Target Strike	Moa Seogi 모아 서기	Me Jumeok Arae Pyojeok Chigi 매 주먹 아래 표적 치기	8 Seconds
17b			Left Hand	Knife Hand Outward Strike		Sonnal Bakkat Chigi 손날 바깥 치기	
17c	Left	Forward Stance	Left Arm	Knife Hand Downward Block	Ap Gubi 앞 굽이	Sonnal Naeryeo Makgi 손날 내려 막기	
18a			Right Hand	Knife Hand Inward Strike		Sonnal An Chigi 손날 안 치기	
18b	Right	Forward Stance	Right Arm	Knife Hand Downward Block	Ap Gubi 앞 굽이	Sonnal Naeryeo Makgi 손날 내려 막기	
19a			Left Hand	Knife Hand Inward Strike		Sonnal An Chigi 손날 안 치기	
19b	Left	Forward Stance	Left Arm	Knife Hand Downward Block	Ap Gubi 앞 굽이	Sonnal Naeryeo Makgi 손날 내려 막기	
20	Right	Forward Stance	Right Hand	Arc Hand Forward Strike	Ap Gubi 앞 굽이	Ageumson Ap Chigi 아금손 앞 치기	Kihap
Baro 바로	Left Steps	Parallel Stance	Both Hands	Pushing Ready Posture	Naranhi Seogi 나란히 서기	Tongmilgi Junbi Jase 통일기 준비 자세	5 Seconds

