

## Koryo

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Ready position – Standing in attention position, hands open left hand over right, forming a spear hand in front of your groin. Slowly slide your left foot to the left (shoulder width). Simultaneously bring your hands up the front of your body (palms up) as if lifting a small bolder. When your hands reach face level, push them forward away from you, finishing with your elbows slightly bent and your open hands approximately a fist and a half apart. This move is to be done slowly under slight tension. Hands and feet should finish together.

Turn 90° left – double knife hand block, left arm forward (back stance)  
Bring right foot around for a low side kick then mid/high side kick with the same foot. Set kicking foot down into front stance, outward knife hand strike shoulder high, right hand.  
Reverse middle punch, left hand.  
Slide right foot back to a cat stance, inward forearm block, right arm.

Pivot on rear foot, turn 180° right – double knife hand block, right arm forward (back stance)  
Bring left foot around for a low side kick then mid/high side kick with the same foot. Set kicking foot down into a front stance, outward knife hand strike shoulder high, left hand.  
Reverse middle punch, right hand.  
Slide left foot back to a cat stance, inward forearm block, left arm.

Pivot on rear foot, turn 90° left – Low knife hand block, left arm (front stance), tigers mouth strike to throat (right hand)  
Front kick, right foot, setting down into right front stance  
Low knife hand block right arm, tigers mouth strike to throat (left hand)  
Front kick, left foot, setting down into left front stance  
Low knife hand block, left arm, tigers mouth strike to throat (right hand)  
Front kick, right foot, stepping down into right front stance  
Low knee break, right hand cupping the ankle of a front kick, left hand striking with tigers mouth strike.  
Right hand finishes by the elbow of the left arm. KIYAP!

Pivot on the front foot turn clockwise 180° into a right front stance, double middle block (in to out).  
Front kick, left foot, setting down into left front stance  
Low knee break, left hand cupping the ankle of a front kick, right hand striking with tigers mouth strike.  
Left hand finishes by the elbow of the right arm.  
Slide left foot back into left walking stance, double middle block (in to out)

Pivot on the front foot turn clockwise 90° swing left foot behind into a left back stance, knife hand block, left hand  
Wrap left hand around opponents head, straight right reverse punch into hand.  
Step forward right over left execute a left side kick.  
Set left foot down into a right front stance in the opposite direction, left spear hand low (palm up) right arm across body with right fist near left shoulder (palm down)  
Slide right foot back to walking stance, low block right arm  
Step forward (left foot walking stance), left palm block finishing at waist (palm down).  
Step right foot forward into kima stance, right elbow strike supporting the right fist with the left palm.

Slide right foot into a back stance, knife hand block, right hand  
Wrap right hand around opponents head, straight left reverse punch into hand.  
Step forward left over right execute a right side kick.  
Set right foot down into a left front stance in the opposite direction, right spear hand low (palm up) left arm across body with left fist near right shoulder (palm down)  
Slide left foot back to walking stance, low block left arm

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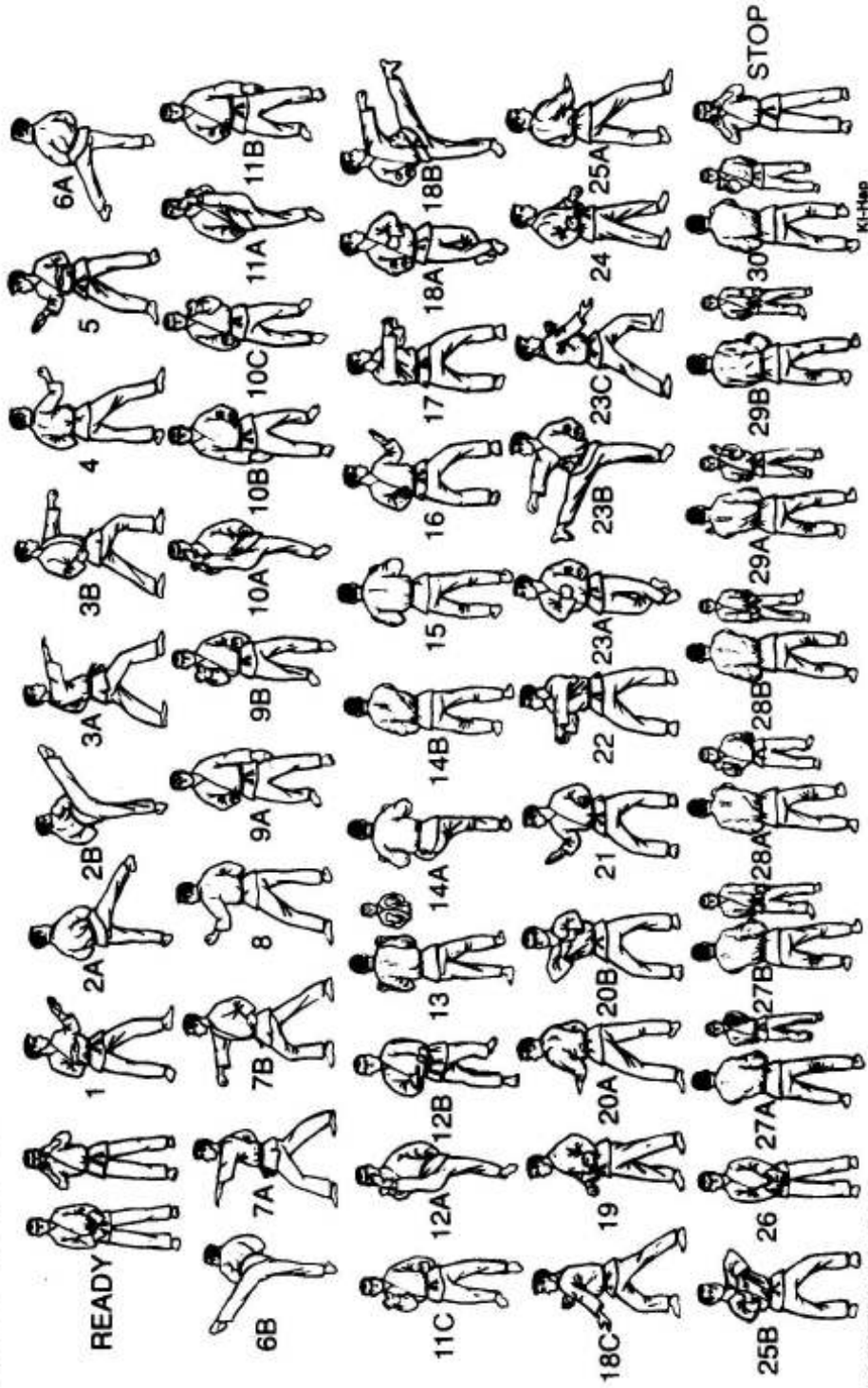
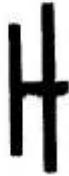
Step forward (right foot walking stance), right palm block finishing at waist (palm down).  
Step left foot forward into kima stance, left elbow strike supporting the left fist with the right palm.

Slowly move left foot inward to right standing straight up, simultaneously raise both arms above head (left hand hammer fist, right hand knife hand). Slowly move hands outward in a large circle to waist. Last 10 inches, strike left hammer fist into right knife hand, groin area. (Feet and hands end together)

Pivot on the right foot, turn left 180°, knife hand block left hand (left back stance), Slide left foot out into front stance, low knife hand block, left hand  
Step right foot forward into right front stance while executing an inward knife hand strike (temple high) then a low knife hand block with the right hand. Right hand and right foot should end simultaneously  
Step left foot forward into a left front stance while executing an inward knife hand strike (temple high) then a low knife hand block with the left hand. Left hand and left foot should end simultaneously  
Step right foot forward into a right front stance, tiger mouth strike to the throat, right hand. KIYAP!

Return to ready position – Pivot on the right foot, turn 180° counter-clockwise. bringing the left to the right, hands open left hand over right, forming a spear hand in front of your groin. Slowly slide your left foot to the left (shoulder width). Simultaneously bring your hands up the front of you body (palms up) as if lifting a small bolder. When you hands reach face level, push them forward away from you, finishing with your elbows slightly bent and your open hands approximately a fist and a half apart. This move is to be done slowly under slight tension. Hands and feet should finish together.

# KO-RYO



MERRITT Industries, Inc.

KI-MAP