

Koryo

A
B C
D

Standing in a ready position, power down, then bring both hands, open, to slightly above head level, palms forward. This is a "look to heaven".

Look to your left and step toward B into a left back stance – middle knifehand guarding block

Right leg low/high side kick toward B – landing toward B into a right front stance – right high knifehand strike – reverse middle punch

Shift your right foot into a right back stance – right middle inside block

Pivoting on your left foot ½ turn CW – step toward C into a right back stance – middle knifehand guarding block

Left leg low/high side kick toward C – landing toward C into a left front stance – left high knifehand strike – reverse middle punch

Shift your left foot into a left back stance – left middle inside block

Pivot on your right foot ¼ turn CCW stepping toward A into a left front stance – low knifehand block – high reverse cupping strike

Right leg snap kick toward A – land into a right front stance - low knifehand block – high reverse cupping strike

Left leg snap kick toward A – land into a left front stance - low knifehand block – high reverse cupping strike

Right leg snap kick toward A - Kihop – land into a right front stance - Knee break (grab the opponent's heel with the right hand at belt level then pull that hand into your chest while, at the same time, downward palm strike to the attacker's knee with the left hand.)

Pivot on your right foot ½ turn CW stepping into a right front stance facing D – double middle outside blocks

Left leg snap kick toward D - land into a left front stance - Knee break (grab the opponent's heel with the left hand at belt level then pull that hand into your chest while, at the same time, downward palm strike to the attacker's knee with the right hand.)

Slidestep backward into a left walking stance - double middle outside blocks

Pivot on your left foot ¼ turn CW into a left back stance – middle knifehand block facing B

Reverse middle punch to your left palm – stepping toward B and in front of your left foot with your right foot – chamber both hands on your left hip – left high side kick toward B

Drop your left foot toward B as you turn toward C into a right front stance – low reverse spearhand strike – right open hand protecting the left side of your face

Slide your right foot backward into a right walking stance – low block

Step toward D into a left cat stance – middle inward palm block

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Pivot on your left foot CCW into a horse stance facing A – right supported elbow strike toward C (supporting your right fist in your left palm) – right middle knifehand block toward C

Reverse middle punch to your right palm – stepping toward C and in front of your right foot with your left foot – chamber both hands on your right hip – right high side kick toward C

Drop your right foot toward C as you turn toward B into a left front stance – low reverse spearhand strike – left open hand protecting the right side of your face

Slide your left foot backward into a left walking stance – low block

Step toward B into a right cat stance – middle inward palm block

Pivot on your right foot CW into a horse stance facing A – left supported elbow strike toward B (supporting your left fist in your right palm)

Slide your right foot toward your left foot into a ready stance – slowly raise both hands (open) in a circular motion above your head then bring them down into a left low hammerfist strike (into the right palm)

Pivot on your right foot ½ turn CCW into a left front stance toward D - high outward knifehand strike – low outward knifehand strike

Step forward into a right front stance – high inward knifehand strike – low outward knifehand strike

Step forward into a left front stance – high inward knifehand strike – low outward knifehand strike

Step forward into a right front stance – high cupping strike - Kihop

Pivot on your right foot ½ turn CCW into a ready stance - power down, then bring both hands, open, to slightly above head level, palms forward

Return hands down to Junbi position