

**“KORYO” (KOREA)**  
**(30 Motions, 10 Kicks, 4 Punches, 2 Ki-Up)**

Koryo (Korea) is the name of an ancient dynasty (A.D. 918-1392) in Korea. The English word “Korea” is originated from the name of “Koryo” Dynasty. Koryo’s legacy to the Korean people is very significant. Koryo men invented metal for the first time in the world (1234), more than two centuries before Johannes Guttenberg (1398? ~ 1468), and also created the famous Koryo ceramics. Moreover, they showed great fortitude by persistently defeating the aggression of Mongolians who were sweeping the known world at the time. The application of the spirit of Koryo men into the movement of Tae Kwon Do is Poomse “Koryo”. Consequently, every motion of Poomse Koryo is the presentation of the strong conviction and will which Koryo men, held in check Mongolians, and, therefore, it can be one’s posture of cultivating himself in which he may follow the wisdom and unyielding spirits of the man of conviction.

The ready (Joonbi) position for Poomse Koryo is the following: Face North, spreading the left foot sidewise (Pyeonhi Seogi stance), lift both hands up to the jaw (Tongmilgi-joonbi)