

# Poomsae "kyorugi"

No.	Gwe	Face Direction	Movement Directions according map	LF	RF	Body Rotation	Technique	Distance Stances from start	Level Kup / Dan
		↑					Moa seogi → Kyeongne		
1a			RF↓		↓		Kyorugi jumbi	0 <sub>LF</sub>	
1b			LF↑RF → RF↑ RF↓LF → RF↓	↑ ↓	↑ <sub>x2</sub> ↓ <sub>x2</sub>		Step forward → RF go 1 step forward ▶ Step back → RF go 1 step back		9k
1c			LF↓RF	↓	↑		LF↓RF bal ba-kkweo (leg switch)		8k
1d							= 1b laterally reversed		
2a			LF↗ + ∪	↗		∪	L arae makki → R jireugi + LF↗ (step around the back) + ∪ 90°		N/A
2b		←					R knee lift (feint) ▶ R arae makki → L jireugi → L bandal chagi ▶ L two bandal chagi ( <i>optional</i> ) <i>Alternative (advanced):</i> ▶ L two bandal chagi → R arae makki → L jireugi		(4k) 7k 8k
2c			RF↘ + ∪		↘	∪	R arae makki → L jireugi + RF↘ (step around the back) + ∪ 90°		
2d-2f							= 2a-2c laterally reversed		
3a		↑					LR two ieo bandal chagi ("dubeon")	2 <sub>RF</sub>	8k
3b		↗	LF← + ∪ → RF←	←	←	∪	L step out (front side) + ∪ 45° + R double side block (batang son arae/eolgul yeop makki) ▶ L bandal chagi	2½ <sub>LF</sub>	5k
3c		→	LF← + ∪ → RF↑	←	↑	∪	L step out (back side) + ∪ 45° + R double side block ▶ L bandal chagi	3	5k
4a			RF↔LF RF↔LF	← ←	← ←		Step back ▶ Step back ▶ R dwit chagi ▶ R two dwit chagi ( <i>optional advanced</i> ) ▶ LR doobaldangsang dollyeo chagi ( <i>optional</i> )		4k 1k (5k)
4b			LF↘ + ∪	↘		∪	L arae makki → R jireugi + LF↘ (step around the back) + ∪ 90°		
4c		↑	LF↗ + ∪	↗		∪	L arae makki → R jireugi + LF↗ (step around the back) + ∪ 90°		
4d-4e							= 4a-4b laterally reversed		
5a-5c							= 3a-3c laterally reversed		

No.	Gwe	Face Direction	Movement Directions according map	LF	RF	Body Rotation	Technique	Distance Stances from start	Level Kup / Dan
6a			RF→ + LF← ↻	←	→	↻	Bal ba-kkweo <i>Optional (advanced):</i> ▶ RF ↻ 360° around LF (feint around the back)		8k
6b							L naeryeo chagi + R double side block ( <i>optional</i> ) ▶ R seokeo ap/dollyeo chagi (feint kick arae/eolgul) ▶ R nakeo chagi ( <i>optional advanced</i> ) ▶ L naeryeo chagi (possible without LF↓)		+5k 5k 3k
6c		↑	LF↓ + ↻ → RF←	↓	←	↻	L step out (back side) + ↻ 90° + R double side block ▶ L bandal chagi	6½ LF	5k
6d		→	LF← + ↻ → RF↑	←	↑	↻	L step out (back side) + ↻ 90° + R double side block ▶ L bandal chagi	7	5k
6e-6h							= 6a-6d laterally reversed		
7a		↑	LF↙ + ↻ → RF↓ RF↓	↙	↓	↻	L step out (front side) + ↻ 90° → L counter bandal chagi + R double side block → LF↓ → RF↓	7 LF	5k
7b			LF↘ RF LF↓	↓	↓		Step back → R counter bandal chagi + L double side block → RF↓ → LF↓	6 RF	5k
8a		←					L ap chagi (without LF↓) → L yeop chagi (toward L) ▶ R bandal chagi ▶ R momdollyeo dollyeo chagi ( <i>optional</i> )		5k 7k
8b		↓	↻ + LF↙ + RF↗	↙	↗	↻	↻ 90° + Bal ba-kkweo + L arae makki + R jireugi → R bandal chagi		7k
8c		→	↻ + LF↘ + RF↖	↘	↖	↻	↻ 90° + Bal ba-kkweo + L arae makki + R jireugi → R bandal chagi ▶ L bandal chagi ▶ L momdollyeo dollyeo chagi ( <i>optional</i> )	5	7k
8d							= 8b laterally reversed		
8e		←	↻ + LF↗ + RF↙	↗	↙	↻	↻ 90° + Bal ba-kkweo + R arae makki + L jireugi → L bandal chagi	4	7k
8f			LF↓	↓			R ap chagi (without RF↓) → R yeop chagi (toward R) → RF↓ → LF↓		5k
9a		↑	LF↓	↓	↓		R bandal chagi ( <i>optional</i> ) ▶ R bandal chagi → RF↓ → LF↓	3 RF	7k 6k
9b			LF↘ RF RF↓	↓	↓		Step back ▶ L dwit nakeo chagi → LF↓ → RF↓	2 LF	4k
9c-9d							= 9a-9b laterally reversed		
10							To be defined (clinch-sequence with rotation) Suggestions are welcome		
-			RF↑				RF↑ moa seogi → Kyeongne	0	

## Syntax

L = Left	F = Foot (leg)	+ = Simultaneous action	←↓↗ = Moving directions in relation to starting point (i.e. not face direction)
R = Right	H = Hand (arm)	→ = Following action (within same count)	↻↺ = Body rotation (clockwise and counter clockwise)
		▶ = Following action (next count)	↓ = Bring foot down next to the other foot after kicking