

Techniques du Koryo Poomse

Ordre	Position	Action	Action II	Action III
Junbi	naranhiseogi	tongmilgi junbiseogi		
1	oreun dwitkubi	sonnal makki		
2	oreun apkubi	kodeup yopchagi	sonnal bakkatchigi	
3	oreun apkubi	momtong barojireugi		
4	wen dwitkubi	momtong makki		
5	wen dwitkubi	sonnal makki		
6	wen apkubi	kodeup yopchagi	sonnal bakkatchigi	
7	wen apkubi	momtong barojireugi		
8	oreun dwitkubi	momtong makki		
9	wen apkubi	wen hanssonal arae makki	khaljaebi	
10	oreun apkubi	apchagi	oreun hanssonal arae makki	khaljaebi
11	wen apkubi	apchagi	wen hanssonal arae makki	khaljaebi, kihap
12	oreun apkubi	apchagi	mureupkkukki	
13	oreun apkubi	anpalmok momtong hecho makki		
14	wen apkubi	apchagi	mureupkkukki	
15	wen apseogi	anpalmok momtong hecho makki		
16	juchum seogi	wen hanssonal momtong yop makki		
17	juchum seogi	oreunjumeok pyojeokjireugi		
18a)	apkkoaseogi	yopchagi		
18b)	oreun apkubi	pyonsonkkeut arae jeochotzireugi		
19	oreun apseogi	arae makki		
20 a)	wen apseogi	batangson nullo makki		
20 b)	juchum seogi	oreun palkup yopchigi		
21	juchum seogi	oreun hanssonal momtong yop makki		
22	juchum seogi	wenjumeok pyojeokjireugi		
23 a)	apkkoaseogi	yopchagi		
23 b)	wen apkubi	pyonsonkkeut arae jeochotzireugi		
24	wen apseogi	arae makki		
25 a)	oreun apseogi	batangson nullo makki		
25 b)	juchum seogi	wen palkup yopchigi		
26	moaseogi	wen mejumeok arae pyojeokchigi		
27	wen apkubi	hanssonal bakkatchigi	hanssonal arae makki	
28	oreun apkubi	oreun sonnal mokchigi	hanssonal arae makki	
29	wen apkubi	wen sonnal mokchigi	hanssonal arae makki	
30	oreun apkubi	khaljaebi, kihap		
Baro	naranhiseogi	tongmilgi junbiseogi		