

1ST DEGREE GAWDOORI GONG YEOK

가우리 공력

Ancient Koguryo Dynasty – Strong Power and Stance Foundation



#	MOVE	SIDE	STANCE	DIRECTION	SECTION
1	Knifehand Outer Forearm Block	L	Right Back	North	H
2	Punch	R	Left Front	North	H
3	Back Elbow Strike	R	X	North	M
4	Upper Elbow Strike With Target	R	Left Front	North	M
5	Horizontal Elbow Strike With Target	R	Left Front	North	H
6	Knifehand strike	R	Left Front	North	H
7	Back Leg Front Kick	R		North	M/H
8	Back Leg Round Kick	L		North-East	M/H
9	Elbow Strike// Kihap //	R	Middle	West	H
10	Elbow Strike	R	Middle	West	H
11	Elbow Strike	L	Middle	East	H
12	Forearm Strike	L	X	East	L
13	Backfist	L	X	East	H
14	Front Leg Side Kick	L		East	M/H
15	Elbow Strike	R	Middle	East	H
16	Knifehand Low Block	R	Middle	East	L
17	Front Leg Side Kick	R		East	M/H
18	Elbow Strike	L	Middle	East	H
19	Knifehand Low Block	L	Middle	East	L
20	Front Leg Hook Kick	L		East	M/H
21	Punch	L	Right Front	East	H
22	Back Leg Front Kick	L		East	M/H
23	Repeat Side Kick	L		North	M/H
24	Horizontal Elbow	L	Middle	North	H
25	Horizontal Elbow// Kihap //	R	Middle	South	H
26	Knifehand Outer Forearm Block	R	Left Back	South	H
27	Punch	L	Right Front	South	H
28	Back Elbow Strike	L	X	South	M
29	Upper Elbow Strike With Target	L	Right Front	South	M



#	MOVE	SIDE	STANCE	DIRECTION	SECTION
30	Horizontal Elbow Strike With Target	L	Right Front	South	H
31	Knifehand Strike	L	Right Front	South	H
32	Back Leg Front Kick	L		South	M/H
33	Back Leg Round Kick	R		South-East	M/H
34	Elbow Strike // Kihap //	L	Middle	West	H
35	Elbow Strike	L	Middle	West	H
36	Elbow Strike	R	Middle	East	H
37	Forearm Strike	R	X	East	L
38	Backfist	R	X	East	H
39	Front Leg Side Kick	R		East	M/H
40	Elbow Strike	L	Middle	East	H
41	Knifehand Low Block	L	Middle	East	L
42	Front Leg Side Kick	L		East	M/H
43	Elbow Strike	R	Middle	East	H
44	Knifehand Low Block	R	Middle	East	L
45	Front Leg Side Kick	R		East	M/H
46	Punch	R	Front Left	East	H
47	Back Leg Front Kick	R		East	M/H
48	Repeat Side Kick	R		South	M/H
49	Horizontal Elbow	R	Middle	South	H
50	Horizontal Elbow // Kihap //	L	Middle	North	H
51	Punch	R	Left Front	North	H
52	Inner Forearm Low Strike	R	Left Front	North	L
53	Inner Forearm High Strike	R	Left Front	North	H
54	Back Leg Round Kick	R		North	M/H
55	Punch	L	Right Front	North	H
56	Inner Forearm Low Strike	L	Right Front	North	L
57	Inner Forearm High Strike	L	Right Front	North	H
58	Back Leg Round Kick	L		North	M/H



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