

Black Belt- 1st Dan

Pattern 1: Kwang Gae

No of Movements: 39 **No of Stances:** 6

Meaning of Kwang Gae

Kwang Gae is named after the famous Kwang Gae Toh Wang the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of the lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to throne.

Kwang Gae

BLOCKS

| | |
|-------------------------------|-------------------------------|
| Palm high hooking block | Sonbadak nopunde golcho makgi |
| Knifehand low guarding block | Sonkal najunde daebi makgi |
| Knifehand high guarding block | Sonkal nopunde daebi makgi |
| Palm upward block | Sonbadak ollyo makgi |
| Knifehand low front block | Sonkal najunde ap makgi |
| Palm pressing block | Sonbadak Noollo magki |
| Double forearm middle block | Doo palmok kaunde makgi |
| Forearm low reverse block | Palmok najunde bandae makgi |

KICKS

Pressing kick

Noollo chagi

Side piercing kick

Yop cha jirugi

Middle front snap kick

Kaunde ap cha busigi

THRUSTS

Flat fingertip thrust

Opun sonkut tulgi

STRIKES

Knifehand high inward strike

Sonkal nopunde anuro taerigi

Side fist downward strike

Yop joomuk naeryo taerigi

Back fist high side strike

Dung joomuk noponde yop taerigi

PUNCHES

Upset punch

Dwijibo jirugi

Twin fist vertical punch

Sang joomuk sewo jirugi

Twin fist upset punch

Sang joomuk dwijibo jirugi

Pattern 2: Po Eun

No of Movements: 36 **No of Stances:** 5

Meaning of Po Eun

Po Eun is the pseudonym of the loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem 'I would not serve a second master though I might be crucified 100 times' is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unbending loyalty to his king and country towards the end of the Koryo dynasty.

Po Eun

BLOCKS

Reverse knifehand low guarding block
Sonkal dung najunde daebi makgi

Forearm middle guarding block

Forefist pressing block

Inner forearm side-front block

Inner forearm middle wedging block
An palmok kaunde hechyo makgi

Outer forearm low front block

Palmok kaunde daebi makgi

Ap joomuk noollo makgi

An palmok yopap makgi

Bakat palmok najunde ap makgi

KICKS

Pressing kick

Noollo chagi

THRUSTS

Back elbow thrust

dwit palkup tulgi

Twin elbow horizontal thrust

Sang soopyong palkup tulgi

STRIKES

Knifehand side strike

Sonkal yop taerigi

Back fist side-back strike

Dung joomuk yopdwi taerigi

PUNCHES

Upward punch

Ollyo jirugi

Angle punch

Giokja jirugi

Forefist side-front punch

Ap joomuk yopap jirugi

GRASP

U-shape grasp

digutja japgi

Pattern 3: Ge Baek

No of Movements: 44 **No of Stances:** 5

Meaning of Ge Baek

Ge Baek is named after General Ge Baek a great general in the Baek Je dynasty (660 AD). The pattern represents his severe and strict military discipline.

Ge Baek