

1st Dan-2nd Dan Grade Korean

Kwang Gae.

The name Kwang Gae refers to King Kwang Tae T'O Wang, 19th ruler of Korea's Koguryo Dynasty. King Kwang Tae retook many of the territories lost to Korea, including the greater part of Manchuria.

The Movement plan for the pattern represents this expansion and recovery of lost territory and the 39 movements refer to the first two digits of 391AD, the year he came to the throne.

Parallel stance with heavenly hand	Narani so hanalson sogi.
Side fist downward strike	Yop joomuk naeryo taerigi.
Low outward pressing kick	Najunde bakaero noollo chagi.

Po Eun

Is the pseudonym of a fifteenth century Korean poet and scientist called Chong Mong Chu. Chong is also revered as a great patriot, having penned the lines "I would not serve a second master though I might be crucified a hundred times". The pattern movement plan denotes his unerring loyalty to his king and country towards the end of the Koryo Dynasty and consists of 36 movements.

One leg stance	Waebal sogi.
Upward punch	Ollyo jirugi.
Horizontal punch	Soopyung jirugi.
U-Shape grasp	Digutja japggi.
Twin horizontal elbow thrust	Sang soopyong palkup tulgi.

Ge Baek

Ge Baek is named after General Ge Baek of the Baek Je Dynasty (660 AD) and the pattern movement plan is intended to represent his strict military discipline. Ge Baek consists of 44 movements.

Mid-knuckle punch	Joongi joomuk jirugi.
Double arc hand block	Doo bandalson makgi.
Nine-shape block	Gutja makgi.
Palm scooping block	Sonbadak Duro makgi.