

1st Degree

Patterns:

Kwang-Gae



Ge-Baek



Po-Eun



Kwang-Gae is named after the famous Kwang-Gae -T'o-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 lost territory, and the 39 moves refer to the years of his reign.

Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

Po-Eun is the pseudonym of the loyal subject Chong Mong-Chu (1400 A.D.) who was a famous poet, and whose poem "I would not serve a second master though I be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of Physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.



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Pattern: Kwang-Gae

Moves: 39

Ready Position:

Narani so Hanulson | Parallel stance heaven hand

광계

Technique

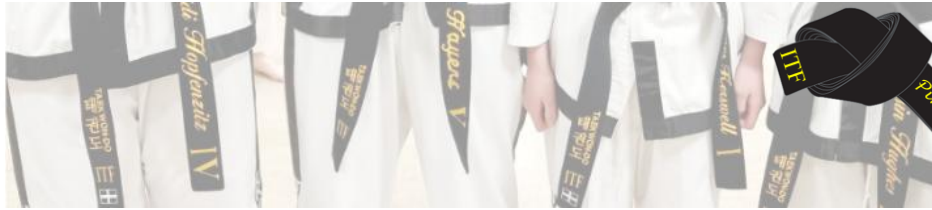
| Step | English | Korean |
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| 1 | Close ready stance B, bringing both hands in a circular motion. | Moa junbi sogi B, [bringing both hands in a circular motion]. |
| 2 | Left walking stance reverse upset punch. Perform in a slow motion. | Wen gunnun so bandae dwijibo jirugi. [Perform in a slow motion.] |
| 3 | Right walking stance reverse upset punch. Perform in a slow motion. | Orun gunnun so bandae dwijibo jirugi. [Perform in a slow motion.] |
| 4 | Double stepping motion, right walking stance palm high hooking block. | [Double stepping motion,] orun gunnun so sonbadak nopunde golcho makgi. |
| 5 | Sliding motion, right L-stance knife-hand low guarding block. | [Sliding motion,] orun niunja so sonkal najunde daebi makgi. |
| 6 | Double stepping motion, left walking stance palm high hooking block. | [Double stepping motion,] wen gunnun so sonbadak nopunde golcho makgi. |
| 7 | Sliding motion, left L-stance knife-hand low guarding block. | [Sliding motion,] wen niunja so sonkal najunde daebi makgi. |
| 8 | Right rear foot stance knife-hand high guarding block. | Orun dwitbal so sonkal nopunde daebi makgi. |
| 9 | Left rear foot stance knife-hand high guarding block. | Wen dwitbal so sonkal nopunde daebi makgi. |
| 10 | Double step-turning motion, left walking stance palm reverse upward block. Perform in a slow motion. | [Double step-turning motion,] wen gunnun so sonbadak bandae ollyo makgi. [Perform in a slow motion.] |
| 11 | Right walking stance palm reverse upward block. Perform in a slow motion. | Orun gunnun so sonbadak bandae ollyo makgi. [Perform in a slow motion.] |
| 12 | Close stance right knife-hand low front block, in a circular motion, hitting the left palm. | Moa so orun sonkal najunde ap makgi, [in a circular motion, hitting the left palm]. |
| 13 | Left outward (pressing) kick, keeping the position of the hands as they were in 12. | Wen bakuro (noollo) chagi, [keeping the position of the hands as they were in 12]. |



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| 14 | Left middle side piercing kick, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick. | Wen kaunde yopcha jirugi, [keeping the position of the hands as they were in 13]. |
| 15 | Right L-stance knife-hand high inward strike, bringing the left side fist in front of the right shoulder. | Orun niunja so sonkal nopunde anuro taerigi, [bringing the left side fist in front of the right shoulder]. |
| 16 | Close stance left side fist downward strike. | Moa so wen yop joomuk naeryo taerigi. |
| 17 | Right outward (pressing) kick, keeping the position of the hands as they were in 16. | Orun bakuro (noollo) chagi, [keeping the position of the hands as they were in 16]. |
| 18 | Right middle side piercing kick, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick. | Orun kaunde yopcha jirugi, [keeping the position of the hands as they were in 17]. |
| 19 | Left L-stance knife-hand high inward strike, bringing the right side fist in front of the left shoulder. | Wen niunja so sonkal nopunde anuro taerigi, [bringing the right side fist in front of the left shoulder]. |
| 20 | Close stance right side fist downward strike. | Moa so orun yop joomuk naeryo taerigi. |
| 21 | Left low stance palm reverse pressing block. Perform in a slow motion. | Wen nachuo so sonbadak bandae noollo makgi. [Perform in a slow motion.] |
| 22 | Right low stance palm reverse pressing block. Perform in a slow motion. | Orun nachuo so sonbadak bandae noollo makgi. [Perform in a slow motion.] |
| 23 | Stamping motion, sitting stance right back fist high side strike. | [Stamping motion,] annun so orun dung joomuk nopunde yop taerigi. |
| 24 | Right walking stance double forearm middle block. | Orun gunnun so doo palmok kaunde makgi. |
| 25 | Shifting motion, right walking stance forearm low reverse block, keeping the position of the right hand as it was in 24. | [Shifting motion,] orun gunnun so palmok najunde bandae makgi, [keeping the position of the right hand as it was in 24]. |
| 26 | Right low stance flat fingertip high thrust. Perform in a slow motion. | Orun nachuo so opun sonkut nopunde tulgi. [Perform in a slow motion.] |
| 27 | Stamping motion, sitting stance left back fist high side strike. | [Stamping motion,] annun so wen dung joomuk nopunde yop taerigi. |
| 28 | Left walking stance double forearm middle block. | Wen gunnun so doo palmok kaunde makgi. |
| 29 | Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28. | [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28]. |
| 30 | Left low stance flat fingertip high thrust. Perform in a slow motion. | Wen nachuo so opun sonkut nopunde tulgi. [Perform in a slow motion.] |




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| 31 | Stamping motion, right walking stance twin fist high vertical punch. | [Stamping motion,] orun gunnun so sang joomuk nopunde sewo jirugi. |
| 32 | Stamping motion, left walking stance twin fist upset punch. | [Stamping motion,] wen gunnun so sang joomuk dwijibo jirugi. |
| 33 | Right middle front snap kick, keeping the position of the hands as they were in 32. | Orun kaunde apcha busigi, [keeping the position of the hands as they were in 32]. |
| 34 | Left L-stance knife-hand middle guarding block. | Wen niunja so sonkal kaunde daebi makgi. |
| 35 | Left walking stance high punch. | Wen gunnun so nopunde jirugi. |
| 36 | Stamping motion, right walking stance twin fist upset punch. | [Stamping motion,] orun gunnun so sang joomuk dwijibo jirugi. |
| 37 | Left middle front snap kick, keeping the position of the hands as they were in 36. | Wen kaunde apcha busigi, [keeping the position of the hands as they were in 36]. |
| 38 | Right L-stance knife-hand middle guarding block. | Orun niunja so sonkal kaunde daebi makgi. |
| 39 | Right walking stance high punch. | Orun gunnun so nopunde jirugi. |
| End | Bring the left foot back to ready posture | |



1st Degree



| Pattern: Ge-Baek Moves: 44 Ready Position: Narani Chunbi Sogi Parallel ready stance | |  |
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| Technique | | |
| Step | English | Korean |
| 1 | Right L-stance X-knife-hand checking block. | Orun niunja so kyocha sonkal momchau makgi. |
| 2 | Right low twisting kick, keeping the position of the hands as they were in 1. | Orun najunde bituro chagi, [keeping the position of the hands as they were in 1]. |
| 3 | Right walking stance middle punch. | Orun gunnun so kaunde jirugi. |
| 4 | Right walking stance middle reverse punch. | Orun gunnun so kaunde bandae jirugi. |
| | Perform 3 and 4 in a fast motion. | |
| 5 | Left walking stance forearm rising block. | Wen gunnun so palmok chookyo makgi. |
| 6 | Left walking stance forearm low block. | Wen gunnun so palmok najunde makgi. |
| | Perform 5 and 6 in a continuous motion. | |
| 7 | Left walking stance high double arc-hand block, while looking through it. | Wen gunnun so nopunde doo bandalson makgi, [while looking through it]. |
| 8 | Right bending ready stance A. | Orun guburyo junbi sogi A. |
| 9 | Sitting stance left palm scooping block. | Annun so wen sonbadak duro makgi. |
| 10 | Sitting stance right fist middle punch. | Annun so orun joomuk kaunde jirugi. |
| | Perform 9 and 10 in a connecting motion. | |
| 11 | Sitting stance left back fist front strike. | Annun so wen dung joomuk ap taerigi. |
| 12 | Right L-stance knife-hand middle guarding block. | Orun niunja so sonkal kaunde daebi makgi. |
| 13 | Left low side front snap kick, keeping the position of the hands as they were in 12. | Wen najunde yobap cha busigi, [keeping the position of the hands as they were in 12]. |
| 14 | Left low stance flat fingertip high thrust. | Wen nachuo so opun sonkut nopunde tulgi. |
| 15 | Left low stance flat fingertip high reverse thrust. | Wen nachuo so opun sonkut nopunde bandae tulgi. |
| 16 | Right middle side piercing kick, pulling both hands in the opposite direction. | Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. |



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| 17 | Right L-stance forearm middle guarding block. | Orun niunja so palmok kaunde daebi makgi. |
| 18 | As 17. | As 17. |
| 19 | Right L-stance knife-hand middle guarding block. | Orun niunja so sonkal kaunde daebi makgi. |
| 20 | Sitting stance right 9-shape block. | Annun so orun gutja makgi. |
| 21 | Left walking stance knife-hand low block. | Wen gunnun so sonkal najunde makgi. |
| 22 | Right middle turning kick. | Orun kaunde dollyo chagi. |
| 23 | Right flying side piercing kick. | Orun twimyo yopcha jirugi. |
| | Perform 22 and 23 in a fast motion. | |
| 24 | Right walking stance twin fist high vertical punch. | Orun gunnun so sang joomuk nopunde sewo jirugi. |
| 25 | Right walking stance high double arc-hand block, while looking through it. | Orun gunnun so nopunde doo bandalson makgi, [while looking through it]. |
| 26 | Right walking stance reverse upset punch. | Orun gunnun so bandae dwijibo jirugi. |
| 27 | Left walking stance front elbow reverse strike, striking the left palm. | Wen gunnun so ap palkup bandae taerigi, [striking the left palm]. |
| 28 | Jump, right X-stance double forearm high block. | Twiggi, orun kyocha so doo palmok nopunde makgi. |
| 29 | Sitting stance right palm scooping block. | Annun so orun sonbadak duro makgi. |
| 30 | Sitting stance left fist middle front punch. | Annun so wen joomuk kaunde ap jirugi. |
| | Perform 29 and 30 in a connecting motion. | |
| 31 | Sitting stance right back fist front strike. | Annun so orun dung joomuk ap taerigi. |
| 32 | Left walking stance reverse knife-hand high reverse front strike, bringing the left back hand under the right elbow joint. | Wen gunnun so sonkal dung nopunde bandae ap taerigi, [bringing the left back hand under the right elbow joint]. |
| 33 | Move the left foot to A about half a shoulder width while executing a right middle turning kick. | [Move the left foot to A about half a shoulder while executing] orun kaunde dollyo chagi. |
| 34 | Left walking stance twin fist high vertical punch. | Wen gunnun so sang joomuk nopunde sewo jirugi. |
| 35 | Right L-stance middle knuckle fist middle obverse punch, bringing the left side fist in front of the right shoulder. | Orun niunja so joongji joomuk kaunde baro jirugi, [bringing the left side fist in front of the right shoulder]. |
| 36 | Sitting stance left 9-shape block. | Annun so wen gutja makgi. |
| 37 | Sitting stance reverse knife-hand low guarding block to C. | Annun so sonkal dung najunde C-bang daebi makgi. |



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| 38 | Sitting stance knife-hand low guarding block to D. | Annun so sonkal najunde D-bang daebi makgi. |
| | Perform 37 and 38 in a continuous motion. | |
| 39 | Stamping motion, sitting stance left outer forearm W-shape block. | [Stamping motion,] annun so wen bakat palmok san makgi. |
| 40 | As 39. | As 39. |
| 41 | Right walking stance forearm rising block. | Orun gunnun so palmok chookyo makgi. |
| 42 | Right walking stance middle reverse punch. | Orun gunnun so kaunde bandae jirugi. |
| 43 | Left walking stance forearm rising block. | Wen gunnun so palmok chookyo makgi. |
| 44 | Left walking stance middle reverse punch. | Wen gunnun so kaunde bandae jirugi. |
| End | Bring the right foot back to ready posture | |



1st Degree

Pattern: Po-eun

Moves: 36

Ready Position:

Narani so Hanulson | Parallel stance heaven hand

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Technique

| Step | English | Korean |
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| 1 | Right L-stance forearm middle guarding block. | Orun niunja so palmok kaunde daebi makgi. |
| 2 | Left one-leg stance, lifting both fists. | Wen waebal sogi, [lifting both fists]. |
| 3 | Right outward (pressing) kick, keeping the position of the hands as they were in 2. | Orun bakuro (noollo) chagi, [keeping the position of the hands as they were in 2]. |
| 4 | Sitting stance right knife-hand middle side strike. | Annun so orun sonkal kaunde yop taerigi. |
| 5 | Sitting stance left fist angle punch. | Annun so wen joomuk giokja jirugi. |
| 6 | Sitting stance left forefist pressing block and right inner forearm side front block. | Annun so wen ap joomuk noollo makgi wa orun anpalmok yobap makgi. |
| 7 | Sitting stance right forefist pressing block and left inner forearm side front block. | Annun so orun ap joomuk noollo makgi wa wen anpalmok yobap makgi. |
| 8 | Sitting stance inner forearm middle wedging block. | Annun so anpalmok kaunde hechyo makgi. |
| 9 | Sitting stance right back elbow thrust, supporting the right forefist with the left palm. | Annun so orun dwit palkup tulgi, [supporting the right forefist with the left palm]. |
| 10 | Sitting stance right fist middle punch, slipping the left palm up to the right elbow joint. | Annun so orun joomuk kaunde jirugi, [slipping the left palm up to the right elbow joint]. |
| 11 | Sitting stance left back elbow thrust, supporting the left forefist with the right palm. | Annun so wen dwit palkup tulgi, [supporting the left forefist with the right palm]. |
| 12 | Sitting stance right horizontal punch. | Annun so orun soopyong jirugi. |
| | Perform 6 to 12 in a continuous motion. | |
| 13 | Right X-stance outer forearm low obverse front block, bringing the left finger belly on the right under forearm. | Orun kyocha so bakat palmok najunde baro ap makgi, [bringing the left finger belly on the right under forearm]. |
| 14 | Left L-stance U-shape grasp. | Wen niunja so digutja japgi. |
| 15 | Close stance twin elbow horizontal thrust. Perform in a slow motion. | Moa so sang palkup soopyong tulgi. [Perform in a slow motion.] |



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| 16 | Sitting stance right back fist side back strike, extending the left arm to the side-downward. | Annun so orun dung joomuk yopdwi taerigi, [extending the left arm to the side downward]. |
| 17 | Left X-stance outer forearm low obverse front block, bringing the right finger belly to the left side fist. | Wen kyocha so bakat palmok najunde baro ap makgi, [bringing the right finger belly to the left side fist]. |
| 18 | Sitting stance reverse knife-hand low guarding block to B. | Annun so sonkal najunde B-bang daebi makgi. |
| 19 | Left L-stance forearm middle guarding block. | Wen niunja so palmok kaunde daebi makgi. |
| 20 | Right one-leg stance, lifting both fists. | Orun waebal sogi, [lifting both fists]. |
| 21 | Left outward (pressing) kick, keeping the position of the hands as they were in 20. | Wen bakuro (noollo) chagi, [keeping the position of the hands as they were in 20]. |
| 22 | Sitting stance left knife-hand middle side strike. | Annun so wen sonkal kaunde yop taerigi. |
| 23 | Sitting stance right fist angle punch. | Annun so orun joomuk giokja jirugi. |
| 24 | Sitting stance right forefist pressing block and left inner forearm side front block. | Annun so orun ap joomuk noollo makgi wa wen anpalmok yobap makgi. |
| 25 | Sitting stance left forefist pressing block and right inner forearm side front block. | Annun so wen ap joomuk noollo makgi wa orun anpalmok yobap makgi. |
| 26 | As 8. | As 8. |
| 27 | Sitting stance left back elbow thrust, supporting the left forefist with the right palm. | Annun so wen dwit palkup tulgi, [supporting the left forefist with the right palm]. |
| 28 | Sitting stance left fist middle punch, slipping the right palm up to the left elbow joint. | Annun so wen joomuk kaunde jirugi, [slipping the right palm up to the left elbow joint]. |
| 29 | Sitting stance right back elbow thrust, supporting the right forefist with the left palm. | Annun so orun dwit palkup tulgi, [supporting the right forefist with the left palm]. |
| 30 | Sitting stance left horizontal punch. | Annun so left soopyong jirugi. |
| | Perform 24 to 30 in a continuous motion. | |
| 31 | Left X-stance outer forearm low obverse front block, bringing the right finger belly on the left under forearm. | Wen kyocha so bakat palmok najunde baro ap makgi, [bringing the right finger belly on the left under forearm]. |
| 32 | Right L-stance U-shape grasp. | Orun niunja so digutja japgi. |
| 33 | As 15. | As 15. |
| 34 | Sitting stance left back fist side back strike, extending the right arm to the side-downward. | Annun so wen dung joomuk yopdwi taerigi, [extending the right arm to the side downward]. |
| 35 | Right X-stance right outer forearm low obverse front block, bringing the left finger belly to the right side fist. | Orun kyocha so bakat palmok najunde baro ap makgi, [bringing the left finger belly to the right side fist]. |



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| 36 | Sitting stance reverse knife-hand low guarding block to A. | Annun so sonkal najunde A-bang daebi makgi. |
| End | Bring the left foot back to ready posture | |