



I Dan

Kwang-Gae

Po-Eun

Ge-Baek

**Requirements**

- **Kwang-Gae Tul**
- **Po-Eun Tul**
- **Ge-Baek Tul**
- **Foot Sparring BAL MATSOGI**
- Free Sparring JAYU MATSOGI
- *Power:*  
*Flying Turning Kick TWIMYO DOLLYO CHAGI*  
*Hand Techniques GONG GYOKGI*

English - Korean	
<b>Attacking Techniques</b>	
Pressing Kick	Noollo Chagi
Downward Side Fist Strike	Naeryo Yop Joomuk Taerigi
Back Elbow Thrust	Dwit Palkup Tulgi
Horizontal Punch	Soopyong Jirugi
Low Twisting Kick	Bituro Najunde Chagi
Back Fist Front Strike	Dung Joomuk Ap Taerigi
Middle Knuckle Fist Punch	Joongji Joomuk Jirugi
<b>Defending Techniques</b>	
Knifehand High Guarding Block	Sonkal Nopunde Daebi Makgi
Knifehand Low Front Block	Sonkal Najunde Ap Makgi
Forefist Pressing Block	Ap Joomuk Noollo Makgi
Inner Forearm Wedging Block	An Palmok Hechyo Makgi
U-Shape Grasp	Digutja Japgi
Palm Scooping Block	Sonbadak Duro Makgi
9-Shape Block	Gutja Makgi
Double Arc-hand Block	Doo Bandalson Makgi
<b>Stances</b>	
Parallel Stance with Heaven Hand	Narani So Hanulson
One-leg Stance	Waebal Sogi
<b>Other</b>	
Under Forearm	Mitpalmok
Finger Belly	Songarak Badak

**KWANG-GAE Tul (39 Movements):** 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 lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.

**PO-EUN Tul (36 Movements):** PO-EUN is the pseudonym of a 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 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.

**GE-BAEK Tul (44 Movements):** 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.