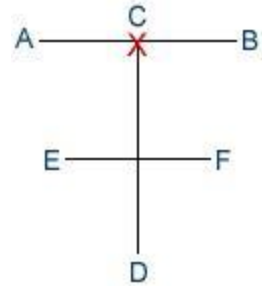


GRADING INFORMATION FOR 1ST TO 2ND DAN

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KWANG GAE - THE NAME KWANG GAE REFERS TO KING KWANG GAE, 19TH RULER OF KOREA'S KOGRUYO DYNASTY. KING KWANG AGE RETOOK MANY OF THE TERRITORIES LOST TO KOREA. INCLUDING THE GREATER PART OF MANCHURIA. THE MOVEMENT PLAN FOR THE PATTERN REPRESENTS THIS EXPANSION AND THE RECOVERY OF THE LOST TERRITORY AND THE 39 MOVEMENTS DENOTE HIS 39 YEAR REIGN.



STANCES IN KWANG GAE

PARALLEL READY STANCE
CLOSED READY STANCE B
WALKING STANCE
L STANCE
REAR FOOT STANCE
CLOSED STANCE
LOW STANCE
SITTING STANCE

NARANI JUNBI SOGI
MOA JUNBI SOGI
GUNNAN SOGI
NUINJA SOGI
DWIT BAL SOGI
MOA SOGI
NACHUO SOGI
ANNUN SOGI

BLOCKS IN KWANG GAE

HOOKING BLOCK
LOW KNIFEHAND GUARDING BLOCK
HIGH KNIFEHAND GUARDING BLOCK
UPWARD PALM BLOCK
PRESSING BLOCK
HIGH DOUBLE FOREARM GUARDING BLOCK
HIGH INNER FOREARM BLOCK
LOW OUTER FOREARM BLOCK
MIDDLE KNIFEHAND GUARDING BLOCK

GOLCHA CHAGI
NAJUNDE SONKAL DAEBI MAKGI
NOPUNDE SONKAL DAEBI MAKGI
OLLYO SONBADAK MAKGI
NOOLO MAKGI
NOPUNDE DOO PALMOK MAKGI
NOPUNDE AN PALMOK MAKGI
NAJUNDE BAKAT PALMOK MAKGI
KAUNDE SONKAL DAEBI MAKGI

ATTACKS IN KWANG GAE

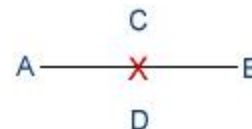
MIDDLE SECTION UPSET PUNCH
LOW PRESSING KICK
MIDDLE SIDE PIERCING KICK
HIGH INWARD KNIFEHAND STRIKE
DOWNWARD SIDE FIST STRIKE
HIGH SIDE BACK FIST STRIKE
HIGH FLAT FINGERTIP THRUST
HIGH VERTICAL TWIN FOREFIST PUNCH
MIDDLE TWIN UPSET PUNCH
MIDDLE FRONT SNAP KICK
HIGH SECTION FOREFIST PUNCH

KAUNDE DWIJIBO JIRUGI
NAJUNDE NOOLO CHAGI
KAUNDE YOPCHA JIRUGI
NOPUNDE ANURO SONKAL TAERIGI
NAERYO YOP JOOKMUK TAERIGI
NOPUNDE DUNG JOOMUK YOP TAERIGI
NOPUNDE OPUN SONKUT TULGI
NOPUNDE SAN SEWO JIRUGI
KAUNDE SAND DWIJIBO JIRUGI
KAUNDE AP CHA BUSIGI
NOPUNDE AP JOOMUK JIRUGI

GRADING INFORMATION FOR 1ST TO 2ND DAN

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PO EUN - PO EUN IS THE PSEUDONYM OF THE 15TH CENTURY KOREAN POET AND THE SCIENTIST NAMED CHONG MONG-CHU. CHING IS ALSO REVERED AS THE GREAT PATRIOT, HAVING PENNED THE LINES, 'I WOULD NOT SERVE A SECOND MASTER THOUGH I MIGHT BE CRUCIFIED A HUNDRED TIMES.' THE PATTERN DENOTES HIS UNERRING LOYALTY TO KING AND COUNTRY TOWARDS THE END OF THE KORYO DYNASTY.



STANCES IN PO EUN

PARALLEL READY STANCE
L STANCE
ONE LEG STANCE
SITTING STANCE
X STANCE
CLOSED READY STANCE

NARANI JUNBI SOGI
NUINJA SOGI
WAE BAL SOGI
ANNUN SOGI
KYOCHA SOGI
MOA JUNBI SOGI

BLOCKS IN PO EUN

MIDDLE FOREARM GUARDING BLOCK
FOREFIST PRESSING BLOCK
MIDDLE INNER FOREARM BLOCK
INNER FOREARM WEDGING BLOCK
LOW FRONT BLOCK
U-SHAPED BLOCK
LOW OUTER FOREARM BLOCK
LOW REVERSE KNIFEHAND GUARDING BLOCK

KAUNDE PALMOK DAEBI MAKGI
AP JOOMUK NOOLLO MAKGI
KAUNDE AN PALMOK MAKGI
SANG AN PALMOK HECHYO MAKGI
NAJUNDE AP BAKAT PALMOK MAKGI
MONG DUNGI JAPGI
NAJUNDE BAKAT PALMOK MAKGI
NAJUNDE SONKAL DUNG DAEBI MAKGI

ATTACKS IN PO EUN

UPWARD PUNCH
PRESSING KICK
MIDDLE KNIFEHAND STRIKE
TURNING PUNCH
BACK ELBOW
FRONT PUNCH
HORIZONTAL PUNCH
DOUBLE SIDE ELBOW STRIKE
SIDE BACK FIST STRIKE

OLLOYO JURIGI
NOOLLO CHAGI
KAYUNDE SONKAL TAERIGI
DOLLYO JURIGI
DWIT PALKUP
AP JURIGI
SOOPJONG JURGI
DOO YOP PALKUP TAERIGI
YOP DUNG JOOMUK TAERIGI

GRADING INFORMATION FOR 1ST TO 2ND DAN

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GAE BAEK - IS NAMED AFTER GENERAL GE BAEK OF THE BAEK JE DYNASTY (A.D. 660) AND THE MOVEMENT PLAN IS INTENDED TO REPRESENT HIS STRICT MILITARY DISCIPLINE.



STANCES IN GAE BAEK

PARALLEL READY STANCE
WALKING STANCE
BENDING READY STANCE
SITTING STANCE
L STANCE
X STANCE

NARANI JUNBI SOGI
GUNNAN SOGI
GUBRYO JUNBI SOGI
ANNUN SOGI
NUINJA SOGI
KYOCHA SOGI

BLOCKS IN GAE BAEK

KNIFEHAND CHECKING BLOCK
RISING BLOCK
LOW BLOCK
DOUBLE ARCHAND BLOCK
MIDDLE PALMOK GUARDING BLOCK
SCOOPING BLOCK
KNIFEHAND GUARDING BLOCK
NINE-SHAPED BLOCK
LOW KNIFEHAND BLOCK
LOW REVERSE KNIFEHAND BLOCK
HIGH DOUBLE FOREARM BLOCK
LOW KNIFEHAND GUARDING BLOCK
W-SHAPED BLOCK

KYOCHA SONKAL MONCHA MAKGI
CHOOKYO MAKGI
NAJUNDE MAKGI
DO BANDALSON MAKGI
KAUNDE PALMOK DAEBI MAKGI
DURO MAKGI
SONKAL DEABI MAKGI
GUTJA MAKGI
NAJUNDE SONKAL MAKGI
NAJUNDE SONKAL DUNG DAEBI MAKGI
NOPUNDE DOO PALMOK MAKGI
NAJUNDE SONKAL DAEBI MAKGI
SAN MAKGI

ATTACKS IN GAE BAEK

TWISTING KICK
DOUBLE PUNCH
MIDDLE PUNCH
FRONT BACK FIST STRIKE
LOW SNAP KICK
HIGH FLAT FINGERTIP THRUST
TURNING KICK
FLYING SIDE KICK
UPSET PUNCH
FRONT ELBOW STRIKE
REVERSE KNIFEHAND STRIKE
TWIN HIGH VERTICAL PUNCH
MIDDLE KNUCKLE FIST

BITURO CHAGI
DOO JURIGI
KAUNDE JURIGI
AP DUNG JOOMUK TAERIGI
NAJUNDE AP CHA BUSIGI
NOPUNDE OPUN SONKUT TULGI
DOLLYO CHAGI
TWIMYO YOP JURIGI
DWIJIBUN JURIGI
AP PALKUP TAERIGI
SONKAL DUNG TAERIGI
SAN SEWO JURIGI
KAUNDE JUNGI JOOMUK

GRADING INFORMATION FOR 1ST TO 2ND DAN

