

# Black Belt 1st Degree

## Patterns

- **Kwang-Gae** 39 moves

Diagram



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.

- **Po-Eun** 36 moves

Diagram



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.

- **Gae-Baek** 44 moves

Diagram



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.

## Fundamentals - stepping forward

Double Forearm Middle Block, Shifting Low Reverse block  
- Walking Stance x4 (*turn to L Stance Guarding Block*)

Step-through Hooking Block - Walking Stance, Slide back  
to Low Knifehand Guarding Block - L Stance x4 (*turn to LSGB*)

One-Leg Stance lifting both arms, Pressing Kick, Knifehand  
Side Strike - Sitting Stance x4 (*turn to LSGB*)

Twin Elbow Horizontal Thrust - Close Stance, Backfist Side  
Back Strike - Sitting Stance x4 (*turn to LSGB*)

Pressing Kick, Side Kick (consecutive off rear leg)  
- L Stance x4 (*turn to LSGB*)

9-Shape Block - Sitting Stance x4 (*turn to LSGB*)

Outward Vertical Kick (front leg), Low Twisting Kick (rear  
leg) L Stance Guarding Block x4 (*turn to LSGB*)

Inward Vertical Kick (rear leg), L Stance Guarding Block x4

## Grading Test

### • Patterns

Kwang-Gae, Po-Eun, Gae-Baek  
plus examiners choice

### • Kicking Combinations

Examiner's choice

### • Self Defence

Release from any grab or lock

### • Sparring

1 Step, 2 Step or 3 Step Sparring  
Free Sparring  
2 vs 1 Sparring

### • Power Test

Fore Fist Punch  
Jumping Turning Kick

### • Theory Questions

Conducted at the examiner's table

