

Taranaki Taekwon-Do

Techniques Syllabus



1st Dan Techniques Syllabus

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STANCES

One-Leg Stance (Waebal Sogi)

Though this stance is primarily used for balance exercise, it is occasionally utilized in attack and defense techniques. Stretch the stationary leg and bring the other reverse footsword on the knee joint, or instep to the hollow. When standing with the right foot, it is called a right one-leg stance and vice-versa. It can be either full facing or side facing, both in attack and defense.



Parallel Stance with Heaven Hand (narani so hanulson)

Spread feet parallel to shoulder width. Keep toes pointing toward the front. It can be either full or side facing.

Heaven hand:

The legend says that the warrior stood like that waiting till the sun was high enough that he could see it through his hands, then dropped his arms to signal that the battle should start.

Double Stepping (Ibo Omgyo Didigi)

In this technique the stepping is executed in two motions. It is used for covering comparatively a wider distance with a smooth movement. The walking, L-and rear foot stances are used to move back and forth while sitting, and diagonal stances are for a lateral movement.

Foot Shifting (Jajun Bal) (both feet)

Foot shifting- this maneuver is employed chiefly for adjusting the shortest distance from the opponent and can be performed by moving a single foot or both feet. When shifting, the motion should be smooth. Avoid dragging the foot across the ground or lifting it more than necessary.

Both Feet- the primary purpose of this technique is to close in to or away from the opponent within half a foot of distance beyond the opponent's anticipation. In this method, both feet shift almost simultaneously while maintaining the original stance. This is performed mainly with walking, sitting and L-stances, though occasionally diagonal, parallel or fixed stance is used.

How to perform a smooth shifting although both feet shift almost simultaneously, the foot closer to the direction of motion naturally precedes the other by a slight interval. The body weight, however, is rested on the front leg momentarily when shifting backward in the case of a walking stance.

DEFENSIVE TECHNIQUES

Double Arc Hand Block (Doo Bandalson makgi)

This is a very useful technique to block a co-ordinated attack against the chest and the face. This is executed primarily from a walking stance in the form of a reverse block. The blocking tools should reach the target in a straight line. Keep the body half facing the target at the moment of the



Fore fist pressing block (Ap joomuk noollo makgi)

Is used to block or deflect a punch or kick to the mid-section with the fist. Not like a downward punch, which is faster, harder, and lower, to an opponent on the ground



Inner forearm wedging block (Anpalmok hechyo makgi)

This is chiefly executed from a sitting or x-stance, though occasionally a walking, rear foot or L-stance is used. Be sure to keep the elbows bent slightly inward at the moment of the block. The inner forearm and reverse knife-hand are performed mostly as a middle block.

Low reverse block (najunde dung makgi)

As in movement 25 and 29 of the pattern Kwang-Gae





Nine shape block (gutja makgi)

This technique is used to break the elbow joint, wrist or ankle. It can also be employed to block a co-ordinated hand or foot attack against the solar plexus and lower abdomen. Both sitting and walking stances are chiefly used, although a close, parallel or X-stance can also be used. If the right forearm is the lower one, it is called a right 9-shape block and vice versa. A reverse block with a walking stance is normal.

How to break--- The left arm must reach the target in a straight line while the right one reaches in an arc and vice versa

Reverse knifehand low guarding block (Sonkal dung najunde daebi makgi)

This is mainly performed with walking, sitting, rear foot and L-stance and occasionally with a close, parallel or x-stance. The inner tibia or outer tibia of the kicking foot directed against the lower abdomen is the target. Only an inward block is possible.





Scooping block (duro makgi)

This is a rather effective block for putting the opponent in an untenable position by holding up the attacking foot. It is chiefly performed with a palm, and occasionally a reverse knife-hand. The blocking tool should reach the target in a large circular motion while bending the body downward at the start of blocking. This technique is normally performed in a slow motion in patterns.

U shape grasp (digutja jaggi)

This is a variation of a U-shape block though the principle of the block is the same as that of a U-shape block. This technique is used to grasp and twist the attacking weapon immediately following the block. Both fixed and L-stances are mostly employed though occasionally a rear foot stance is used. Remember to keep the palm of the top hand facing upward at the moment of the block.



OFFENSIVE TECHNIQUES



Backfist front strike (dung joomuk ap taerigi)

This is normally performed with sitting, walking and X-stances, though occasionally with a close, parallel or diagonal stance. The philtrum is the primary target with the temple as secondary. Be sure to bring the other back fist under the elbow of the attacking fist, which reaches generally the same level as the eyes of the attacker at the moment of impact.

Horizontal punch (soopyong jirugi)

This is a useful form for attacking two targets simultaneously and is executed mainly from a sitting or diagonal stance, though occasionally from parallel, close and X-stances. When the right arm is extended, it is called a right horizontal punch and vice versa. While one arm is extended fully, the other one is bent, forming a 90-degree angle. Forearms are kept parallel and horizontal at the moment of impact.



Middle knuckle fist upset punch (joongji joomuk dwijibo jirugi)

This technique requires a maximum snap motion with a sharp twist of the fist during the action, in particular when attacking the solar plexus. Although it can be executed almost from every stance, L-, rear foot and X-Stances are mostly used. The fist reaches the solar plexus in an uppercut motion with the back fist facing downward, while the opposite side fist is brought in front of the shoulder at the moment of impact.



Sidefist downward strike (yop joomuk naeryo taerigi)

The side fist is executed in three ways: outward, inward and downward. Both the method and the procedure are the same as in the case of the knife-hand. Downward strike- the right back forearm comes under the opposite forearm to cross when striking with the right side fist in a circular motion and vice versa.





Twin elbow horizontal thrust (sang palkup soopyong tulgi)

This is used in attacking two opponents simultaneously, and is mainly executed from close, parallel, walking and X-stances, though occasionally a sitting or one-leg stance is employed.

Upset punch (dwijibo jirugi)

This technique is used in attacking the target at a close range and is performed with either a single or a twin fist. In any case, the fist must reach the target in a circular motion. Keep the distance between the elbow and the body about 5 centimeters with the back fist facing downward at the moment of impact. Keep the backfist slightly higher than its elbow at the moment of impact.



Pressing kick (noollo chagi)

Although the primary role of this technique is to break the knee joint or calf bone, it can also be used for other purposes. This kick is divided into inward and outward kicks. The point of focus should be lower than the knee joint of the stationary leg.

GROUND TECHNIQUES (Noowo Gisool)

Hand:

Ground cross cut (noowo ghutgi)

The flat fingertip is the only tool for this technique. It can be executed both inwardly and outwardly.



Ground punch (noowo jirugi)

The forefist and knuckle fist are used as attacking tools. The punch must be executed with a twin fist in the case of a fore-knuckle fist and vertical punch, when lying down.



Ground downward strike (noowo naeryo taerigi)

The back fist, back hand, side fist and knife-hand are mainly used, and occasionally the reverse knife-hand, under fist and arc-hand are used.



Ground Inward strike (noowo anuro taerigi)

This technique is mainly performed with the knife-hand and reverse knife-hand, though occasionally under fist is used. In all cases the attack must be executed with both hands.



Ground thrust (noowo tulgi)

Flat fingertip, double finger, forefinger, angle fingertip and thumb are the attacking tools for this technique.



Holding (bachigi)

This technique is designed to protect the solar plexus and points above. It is performed only with the twin palm, which has the advantage of grabbing the attacking foot or hand for twisting or breaking.



Covering (karioogi)

Although this technique is considered as a passive method of defense, it can be certainly very effectual in gaining time for a counter-attack, and is performed with an alternate back hand, parallel back hand, overlapped back hand, x-back hand and alternate forearm.



GROUND TECHNIQUES (noowo gisool)

Foot:

The student of Taekwon-Do should be able to meet an opponent or opponents even in a reclining position. A technique performed with the foot while lying down is called a "ground foot technique" and is used at a close range. It is divided into attack and defense techniques.



Ground Leg crossing (noowo dari kogi)

This is widely used for protecting the lower abdomen or points below. An advantage of this technique is that the blocking legs can be swiftly converted into a simultaneous counter-attack to both sides.

Ground knee bending (noowo moorup guburigi)

The uses of this technique are similar to those of a leg crossing



Ground smashing kick (noowo cha busigi)

Both the purpose and method of this technique are similar to those of striking techniques of hand. Smashing kicks are divided into front snap kick, back snap kick, turning kick, twisting kick, reverse turning kick, reverse hooking kick, vertical kick, downward kick, pick-shape kick, straight kick, pressing kick and stamping kick. Most of the attacking tools reach the target with the least revolving or without revolving. Techniques can be executed standing or on the ground.



Ground checking kick (noowo apcha momchugi)

This technique is divided into front and side checking kicks. The former is performed with the back sole supported by the ball of the foot while the latter uses the side sole. Unlike some other kicks, the checking kick is kept momentarily on the target during the block. Technique can be executed standing or on the ground. As in the photo below, a X-fist checking block is also a useful ground technique.



Ground crescent kick (noowo bandal chagi)

This kick is used for blocking the attacking hand or foot to the middle section and area below. The sole of the foot is the tool, which should reach the target in an arc. An advantage of this technique is that the blocking foot can be readily available for a swift counter-attack. The main target should be the elbow joint, Achilles tendon or ankle joint, with the forearm and outer or inner tibia secondary. Though outside block is more effective, an inside block is also used frequently. Keep the back heel faced downward at the moment of the block. This technique is classified into low and middle kicks.





Ground piercing kick (noowo yopcha jirugi)

Both the theory and purpose of this technique are very similar to those of a punch, and consists of side and back piercing kick. Technique can be executed standing or from the ground.

Ground hooking kick (noowo golcho chagi)

The same method of hooking block with back hand is applicable to this technique. The target areas are the elbow joint and Achilles tendon. The blocking tool is the side instep, which reaches the target in an outward curve in like a twisting kick. It is advisable to execute the kick at the outside of the attaching hand or foot. The kicking foot can also be used as an instantaneous counter-attack motion. Keep the outer tibia facing downward at the moment of impact. This technique is divided into low and middle hooking kicks and can be executed standing or while on the ground.



Ground side thrusting kick (noowo yopcha tulgi)

The kicking procedure is the same as that of a ground side piercing kick with the exception of the attacking tool, which is the ball of the foot.

Ground dodging (noowo pihagi)

Rolling outward

* Attack is a backfist strike



* Attack is a ground twisting kick (noowo bituro chagi)



Rolling inward

* Attack is a ground turning kick



SPARRING

Step Sparring (ilbo matsogi)

10 routines: showing skill in dodging techniques
examples: twisting, side piercing, turning, reverse turning, vertical etc
plus dodging hand techniques.

Dodging (pihagi)

There are 3 primary reasons why dodging is so highly encouraged in all phases of defense. Firstly, it lessens the chance of injury encountered in a direct head-on clash; secondly, it offers the defender the opportunity to study and read the opponents skill and tactics as well as bringing the opponent into a state of exhaustion.

The success or failure of dodging depends entirely on body shifting which entails agility, timing and flexibility of maneuver in all directions. It consists of foot shifting, stepping, shift-stepping, step-shifting, sliding, turning, body dropping and leg lifting.

FREE SPARRING (jayu matsogi)

With various partners plus two onto one.

SELF DEFENCE (hosin sul)

On the ground.

10 pre-arranged self defense techniques against an attacker while kneeling, sitting and lying down.

DESTRUCTION

Power test:

Hand: Knifehand strike

Foot: Turning kick

Special technique: Flying reverse turning kick

Own choice:

Own choice of break (to be approved by examiner)

THEORY

Pattern meanings.

Theory of power.

Vital spots pg104 to 111 of condensed encyclopedia

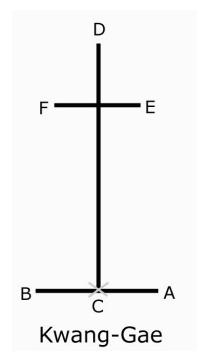
Stances.

Korean terminology for required techniques.

Taekwon-Do related essay (optional)

PATTERNS

KWANG-GAE



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.

KWANG-GAE Movements - 39 Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.

- 6.** Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
- 7.** Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
- 8.** Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
- 9.** Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
- 10.** Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
- 11.** Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
- 12.** Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
- 13.** Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.
- 14.** Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.
- 15.** Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
- 16.** Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
- 17.** Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.
- 18.** Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
- 19.** Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.
- 20.** Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.
- 21.** Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.
- 22.** Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.

23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
27. Move the left foot on lone CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.
32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.
33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.
38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.
39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.**END:** Bring the left foot back to a ready posture.

The Life of Kwang-Gae

King Kwang-Gae-Toh-Wang (meaning "broad expander of territory") was born in 374 AD and ascended to the throne in 391, at the age of just seventeen, to become the 19th king of the Koguryo Dynasty. He ruled over Koguryo at the time in Korea's history known as The Three Kingdoms, so called because during this time the Korean peninsula was constantly being fought over by the three Koguryo, Silla and Paekche dynasties. He is sometimes referred to as Great King Yeongnak, after the era name selected by him.

He expanded Koguryo's territories far into the Korean peninsula by advancing southward at the expense of the Paekche dynasty to occupy the north of the Han River, and occupied Manchurian territory to the east of Liaohe. On his death in 413, at just 39 years of age, Koguryo ruled everything between the Sungari and Han Rivers. This gave it control over two thirds of what is now modern Korea as well as a large part of Manchuria. In addition, the chieftains of Silla submitted to the northern kingdom's authority in 399 to receive protection from Japanese raids. Only Paekche continued to resist Koguryo domination during this period, thereby preventing what would have been the first recognised unification of the Korean peninsula.

During his reign, King Kwang-Gae conquered 65 walled cities and some 1,400 villages, in addition to aiding Silla when it was attacked by the Japanese. In 392 he built nine Buddhist temples in Pyongyang. His accomplishments are recorded on a monument, which was erected in 414 in southern Manchuria.

PO-EUN



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.

PO-EUN- 36 MOVEMENTS Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.

- 10.** Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
- 11.** Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
- 12.** Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion.
- 13.** Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
- 14.** Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.
- 15.** Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
- 16.** Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.
- 17.** Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
- 18.** Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
- 19.** Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.
- 20.** Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
- 21.** Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.
- 22.** Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
- 23.** Execute an angle punch with the right fist while maintaining a sitting stance toward D.
- 24.** Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
- 25.** Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
- 26.** Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
- 27.** Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.

28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.
31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.
32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.
33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.
34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.
35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.
36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.**END:** Bring the left foot back to a ready posture.

The Life of Po-Eun

Chong, Mong-Chu was born in 1337, at the time when the Koryo dynasty ruled the Korean peninsula. At the age of 23 he took three different Civil Service literary examinations and received the highest marks possible on all three, and in 1367 he became an instructor in Neo-Confucianism at Songgyungwan University whilst simultaneously holding a government position, and was a faithful public servant to King U. The king had great confidence in his wide knowledge and good judgment, and so he participated in various national projects and his scholarly works earned him great respect in the Koryo court. He was most knowledgeable about human behavior, and visited China and Japan as a diplomat for the king, securing promises of Japanese aid in defeating pirates and managing to secure peace with Ming dynasty China in 1385. He also founded an institute devoted to the theories of Confucianism.

During the beginning of the eleventh century Mongol forces had advanced into China and the Korean peninsula, and by the year 1238 Koryo was fully under Mongol domination and would remain so for the next full century. The Ming Dynasty in China had grown extremely powerful during the 14th century, however, and began to beat back the Mongol armies, so that by the 1350s Koryo had regained its independence, although China garrisoned a large number of troops in the north-east of Koryo, effectively occupying part of the country.

General Yi, Sung-Gae had grown in power and respect during the late 1370s and early 1380s, and many of Chong's contemporaries plotted to dethrone then-King U and replace him with General Yi. In 1388, General Yi, Sung-Gae was ordered to use his armies to push the Ming armies out of the Korean peninsula. The general, however, was no fool. He realized the strength of the Ming forces when he came into contact with them at the Yalu River, and made a momentous decision that would alter the course of Korean history. Knowing of the support he enjoyed both from high-ranking government officials and the general populace, he decided to return to the capital, Kaesong, and secure control of the government instead of possibly destroying his army by attacking the Chinese.

Yi marched his army into the capital, defeated the forces loyal to the king (commanded by General Choi Yong) and removed the government, but did not ascend the throne right away. King Gongyang and his family were sent into exile in 1392 (where they would later be secretly murdered), but Chong, Mong-Chu faithfully supported the king, leading the opposition to Yi's claim to the throne. Chong was revered throughout Koryo, even by Yi himself, but he was seen to be an obstacle and as such had to be removed. Yi threw a party for him and afterward, on his way home, Chong was murdered by five men on the Sonjukkyo Bridge in Kaesong. This bridge has now become a national monument, and a brown spot on one of the stones is said to be a bloodstain of his, which turns red when it rains.

The 474-year-old Koryo Dynasty effectively ended with the death of Chong, Mong-Chu, and was followed by the Lee Dynasty. His noble death symbolizes his faithful allegiance to the king. He was honored in 1517, 125 years after his death, when he was canonized into the national academy alongside other Korean sages such as Yul-Gok and Toi-Gye.

Even if I may die, die a hundred times
Even if my skeleton may become dust and dirt,
And whether my spirit may be there or not,
My single-hearted loyalty to the lord will not change.
Chong, Mong-Chu (Po-Eun)

GE-BAEK



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.

GAE-BAEK Movements - 44 Ready Posture - PARALLEL READY STANCE

1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 3 and 4 in a fast motion.
5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a connecting motion.
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.

- 12.** Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
- 13.** Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.
- 14.** Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat finger tip.
- 15.** Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C.
- 16.** Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
- 17.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 18.** Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
- 19.** Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 20.** Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
- 21.** Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
- 22.** Execute a middle turning kick to BC with the right foot and then lower it to C.
- 23.** Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
- 24.** Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
- 25.** Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.
- 26.** Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
- 27.** Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
- 28.** Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.

29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.
36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.
37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.
40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.
41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.
44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.**END:** Bring the right foot back to a ready posture.

The Life of Ge-Baek

Little is known of the life of Ge-Baek, including the year and location of his birth, apart from the fact that he was a great general in the Paekche dynasty in the early to mid-7th century AD.

The Paekche dynasty flourished for six centuries from 18 BC until it was defeated by Silla in 660. Paekche was established by refugees from Koguryo in the southwest corner of the Korean peninsula, close to the site of present-day Seoul. It expanded southward and set up a trading relationship with China. A major Paekche expedition to Kyushu, Japan, led to the creation of the Yamato Kingdom and the beginnings of a new cultural legacy.

In 655, Paekche and Koguryo joined forces to attack Silla, although they were eventually driven back when Silla received aid from Tang Dynasty China. In 660, when a huge united army of Silla and the Chinese invaded Paekche, General Ge-Baek organized 5,000 soldiers of the highest morale and courage to meet them in battle. He knew before he set out that his army was outnumbered and that his efforts would be futile, but nonetheless he did not hesitate to try to defend his country, reportedly stating

"I would rather die than be a slave of the enemy."

He then killed his wife and family to prevent them from falling into the hands of opposing forces, and to prevent the thought of them to influence his actions or cause him to falter in battle.

His forces won four small initial battles, but then he was forced to move his forces to block the advance of General Kim, Yoo-Sin on the Paekche capital, Puyo. The two generals met on the plains of Hwangsan Field, in present day Hamyang, near Chiri Mountain. Ge-Baek's forces fought bravely but they were outnumbered ten to one and, in the end, he and his men were completely defeated.

The Paekche dynasty was destroyed after 678 years of rule, but the name of Ge-Baek is still recognised for his bravery and his fierce loyalty to his country.

