

1. Pattern – Kwang Gae
Po-Eun
Ge-Baek
2. Sparring – Free Sparring, 2v1 Sparring & Foot Sparring & Self Defence
3. Destruction – Jumping Turning Kick & Choice of Hand Technique
Measuring and breaking, utilising relevant part of foot
Practice & prepare for all previously performed foot & hand techniques
4. Terminology

Terminology

1	<p>Kwang Gae – 39 Movements (Ready Posture = <i>NARANI SO HANUL SON</i>)</p> <p>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.</p> <p>Po-Eun – 36 Movements (Ready Posture = <i>NARANI SO HANUL SON</i>)</p> <p>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.</p> <p>Ge-Baek – 44 Movements (Ready Posture = <i>NARANI JUMBI SOGI</i>)</p> <p>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.</p>
2	<p>GENERAL TERMINOLOGY</p> <p>GRASPING <i>JAPGI</i> FOOT SHIFTING <i>DURO GAMYO</i></p>
3	<p>NEW MOVEMENTS IN KWANG GAE</p> <p>DOUBLE STEPPING FORWARD <i>IBO OMGYO DIDIMYO NAGAGI</i> FORWARD DOUBLE STEP TURN <i>APURO IBO OMGYO DIDIMYO DOLGI</i> FOOT SHIFTING BACKWARDS <i>DURO GAMYO JAJUNBAL</i></p>
4	<p>NEW MOVEMENTS PO-EUN</p> <p>TWIN SIDE ELBOW THRUST <i>SANG YOP PALKUP TULGI</i> BACK FIT SIDE BACK STIRKE <i>DUNG JOOMOK YOP DWI TAERIGI</i> HORIZONTAL PUNCH <i>SOOPYOUNG JIRUGI</i> U SHAPE GRASPING BLOCK <i>DIGUTJA JAPGI MAKGI</i></p>

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

5	NEW MOVEMENTS IN GE-BAEK DOULBE ARC HAND HIGH BLOCK 9 SHAPE BLOCK MIDDLE KNUCKLE FIST	<i>DOO BANDALSON NOPUNDE MAKGI</i> <i>GUTJA MAKGI</i> <i>JOONGI JOOMOK</i>
6	DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN ALL PATTERNS LEANT TO CURRENT GRADE	
7	REVISE ALL PREVIOUS TERMINOLOGY FOR DESTUCTION AND PARTS OF USE	
8	ESSAY QUESTION: Define and explain in your own words the meaning of Integrity (not just copied from the book/sheets!).	