# Steve Tottle Tae Kwon-Do

THEORY

# 1st Dan

## KWANG GAE

**Meaning:**

- **King Kwang Gae T'O Wang**, 19th ruler of the **Koguryo** dynasty
- Retook many of Korea's lost territories, including most of Manchuria
- Movement plan represents **expansion and recovery of lost territories**
- 64 castles and 1400 villages conquered in his reign
- **39 movements** representing **391 AD** the year he ascended the throne aged 17
- Succeeded by his son Jang Soo Wang who further expanded the dynasty

**39 MOVEMENTS**

**HANULSON – Heaven Hands:**

- Starting movement of pattern
- Kwang Gae stood on a hill and gazed through his hands to the heavens
- Asked gods for a quick and successful battle
- As enemy army arrived, thrust hands apart to signal the **beginning of battle**

**New Techniques:**

- **Narani Junbi Sogi Hanulson –** Parallel Ready Stance Heaven Hands
- **Bakat Palmok Najunde Bandae Makgi** – Outer Forearm Low Reverse Block
- **Bandae Dwijibo Jirugi –** Reverse Upset Punch
- **Sonbadak Bandae Ollyo Makgi –** Palm Reverse Upward Block
- **Sonkal Najunde Ap Makgi –** Knife Hand Low Front Block
- **Yop Joomuk Naeryo Taerigi –** Side Fist Downward Strike
- **Najunde Bakaero Noollo Chagi –** Low Outward Pressing Kick

**Note:** All questions asked at gradings are at the examiner's discretion. This is a guide for the requirements for grading. Can be asked about junior grade theory.

# Steve Tottle Tae Kwon-Do

THEORY

T.A.G.B. TAE KWON-DO INTERNATIONAL

# 1st Dan

## PO EUN

**Meaning:**

- Pseudonym of **15th century** poet & scientist **Chong Mong Chu**
- **Great patriot** and faithful servant and diplomat to the king of the **Koryo** dynasty.
  Famously wrote:
  ***"I would not serve a second master though I might be crucified a hundred times."***
- Pioneer in Physics, involved in national projects and founded institutes of Confucianism
- Yi Sung Gae, **1st king of the Yi dynasty** tried to recruit him with no success. As a result, sent an assassin to kill him on **Sonjuk bridge**
- Sonjuk bridge now represents loyalty
- His death seen as the catalyst of the overthrowing of the Koryo dynasty in **1392**
- Movement plan a straight line representing his **unerring loyalty** to his king and country

**36 MOVEMENTS**

**New Techniques:**

- **Ap Joomuk Noollo Makgi –** Fore Fist Pressing Block
- **Kyocha Sogi Bakat Palmok Najunde Ap Makgi –** X Stance Outer Forearm Low Front Block
  1. **Mit Palmok –** Focus point under forearm
  2. **Yop Joomuk** – Focus point side of your fist
- **Mongdungi Japki** – U Shape Grasp
- **Wae Bal Sogi Ollyo Jirugi –** One Leg Stance Upward Punch
- **Sang Soopyong Palkup Tulgi –** Twin Horizontal Elbow Thrust
- **Kaunde Soopyong Jirugi –** Middle Horizontal Punch
- **Dwit Palkup Tulgi –** Back Elbow Thrust

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# Steve Tottle Tae Kwon-Do

THEORY

T.A.G.B. TAE KWON-DO INTERNATIONAL

# 1st Dan

## GE BAEK

**Meaning:**

- **General Ge Baek** of the Baek Je Dynasty (18 BC – 660 AD)
- Leader of the army at the end of the dynasty in **660 AD**
- Organised 5000 soldiers to fight against united forces of **Silla & Dang**.
- When forced to defend the capital Buyeo, outnumbered 10 to 1
- Knew that efforts were futile so killed his wife & children before going to battle
- Movement plan a **straight line** representing **military discipline**
- Recognised for loyalty to his country and **bravery in battle**

**44 MOVEMENTS**

**New Techniques:**

- **Kyocha Sonkal Momchau Makgi –** X Knife Hand Checking Block
- **Doo Bandalson Makgi –** Double Arc Hand Block
- **Bituro Chagi –** Twisting Kick
- **Sonbadak Duro Makgi –** Palm Scooping Block
- **Gutja Makgi –** 9 Shape Block
- **Joongi Joomuk Dwijibo Jirugi –** Middle Knuckle Upset Punch

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