

KWANG-GAE

Movements: 39

Ready Position: Parallel Stance with Heaven Hands (Narani So Hanulson)

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 391AD, the year he came to the throne.

New Moves

Rear Foot Stance Knife-Hand High Guarding Block
Dwitbal So Sonkal Nopunde Daebi Makgi

Walking Stance Upset Punch
Gunnun So Dwijibo Jirugi

Walking Stance Palm Upward Block
Gunnun So Sonbadak Ollyo Makgi

Close Stance Side Fist Downward Strike
Moa So Yop Joomuk Naeryo Taerigi

Pressing Kick
Noollo Chagi

Close Stance Knife-Hand Low Front Block
Moa So Sonkal Najunde Ap Makgi

Walking Stance Forearm Low Reverse Block
Gunnun So Palmok Najunde Bandae Makgi

PO-EUN

Movements: 36

Ready Position: Parallel Stance with Heaven Hands (Narani So Hanulson)

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.

New Moves

One-Leg Stance
Waebal Sogi

Sitting Stance Angle Punch
Annun So Giokja Jirugi

Sitting Stance Forefist Pressing Block
Annun So Ap Joomuk Noollo Makgi

Sitting Stance Inner Forearm Wedging Block
Annun So An Palmok Hechyo Makgi

Sitting Stance Back Elbow Thrust
Annun So Dwit Palkup Tulgi

Sitting Stance Horizontal Punch
Annun So Soopyong Jirugi

"X-Stance Forearm Low Front Block
Kyocha So Palmok Najunde Ap Makgi

L Stance U-Shape Grasp
Niunja So Digutja Japgi

Close Stance Twin Elbow Horizontal Thrust
Moa So Sang Palkup Soopyong Tulgi

Sitting Stance Back Fist Side Back Strike
Annun So Dung Joomuk Yop Dwi Taerigi

Sitting Stance Reverse Knife-Hand Low Guarding Block
Annun So Sonkal Dung Najunde Daebi Makgi

GE-BAEK

Movements: 44

Ready Position: Parallel Ready Stance (Narani Chunbi Sogi)

Is named after Ge-Baek, a great general in the Baek-Je Dynasty (660AD).
The diagram represents his severe and strict military discipline.

New Moves

Low Twisting Kick
Najunde Bituro Chagi

Double Arc-Hand High Block
Doo Bandalson Nopunde Makgi

Sitting Stance Scooping Block
Annun So Duro Makgi

Sitting Stance Back Fist Front Strike
Annun So Dung Joomuk Ap Taerigi

Sitting Stance 9-Shape Block
Annun So Gutja Makgi

L Stance Middle Knuckle Fist Middle Punch
Niunja So Joongi Joomuk Kaunde Jirugi

X-Stance Double Forearm High Block
Kyocho So Doo Palmok Nopunde Makgi

Low Stance Flat Fingertip High Obverse Thrust
Nachuo So Opun Sonkut Nopunde Baro Tulgi

Low Stance Flat Fingertip High Reverse Thrust
Nachuo So Opun Sonkut Nopunde Bandae Tulgi

Sitting Stance Knife-Hand Low Guarding Block
Annun So Sonkal Najunde Daebi Makgi