



Cassie Oury's Children's School of Tae Kwon-Do



Instructor Cassie Oury

t. 07850 327 507 or 01926 815 632

e. cassie@tagbtigers.co.uk

Grading Requirements

1st Dan (Black Belt) to 2nd Dan (Black Belt)

Theory

Kwang Gae (39 movements) refers to King Gwang Gae-T'o-Wang , 19th Century ruler of Korea's Koguryo dynasty. King Gwang Gae retook many of the territories lost to Korea, including the greater part of Manchuria. The movement plan represents this expansion and the recovery of lost territory and the 39 movements denote his 39 year reign.

Po Eun (36 movements) was the pseudonym of a 15th Century Korean poet and scientist named Chong Mong-chu. Chong is also revered as a great patriot, having penned the line "I would not serve a second master though I might be crucified a hundred times". The pattern denotes his unerring loyalty to king and country towards the end of the Koryo dynasty.

Ge Beck (44 movements) is named after general Ge Beck of the Beck Je dynasty (AD 660) and the movement plan is intended to represent his strict military discipline. Ge Beck contains 44 movements.

9 Shaped block	Gutja maki	Twin knife-hand strike	Sang sonkal taerigi
Scooping Block	Duro Maki	Crescent punch	Bandal jirugi
Double palm downward block	Doo palmok naeryo maki	Downward elbow	Sun palkup
		Middle knuckle fist	Jungi joomuk
		Head butt strike	Mori taerigi

Practice

Choong Moo
Kwan Gae
Po Eun
Gae Beck