



## Grading Requirements

### 1st Dan (Cho-dan) to 2nd Dan (E-Dan)

#### Hyung

- Kwange-Gae (39 movements)
- Po-Eun (36 movements)
- Ge-Beak (44 movements)

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

#### Sparing Requirements:

- Same sparring requirements for 1<sup>st</sup> Degree
- Free Sparring (approx 30 mins) including 2 on 1

#### Destruction Techniques:

- Jumping Front Kick – 1 board
- Jumping Turning Kick – 1 board
- Flying Back Kick – 1 board
- Flying Side Kick (over 2 pads) – 1 board
- Mystery Break