

## NORTHEAST MARTIAL ARTS

### Kwang-Gae - 39 moves

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.

Ready posture = Parallel stance and heaven hand. *Narani so hannulson*

**Move 1:** Bring the left foot to the right foot forming close stance B, bringing both hands in a circular motion.

**Move 2&3:** Walking stance upset punch.

*Gunnan so dwijibun jirugi*

- \* Performed in slow motion
- \* Performed in a circular motion
- \* Elbow 5 cm from the body
- \* Fist slightly higher than the elbow
- \* SP - Back fists face upwards

**Moves 4&6:** **Double stepping** walking stance palm **high** hooking block

**Moves 8&9:** Rear foot stance knife hand **high** guarding block

**Moves 10&11:** **Walking stance** palm upward block, performed in **slow** motion.

**Move 12:** Close stance knife hand low front block. *Moa so sonkal najunde ap makgi.*

- \* Hitting the left palm.
- \* Performed in a circular motion
- \* Body is full facing
- \* Reaches the centre line

**Moves 13&14, 17&18:** Consecutive kick = when two kicks are executed in succession by

the same foot in different directions and/or with different tools.

**Pressing kick.** *Noolo chagi.*

- \* Primary role is to break the knee joint or shin bones
- \* Stationary knee locks at the moment of impact
- \* The kicking tool is the foot sword

**Moves 16&20:** Close stance side fist downward strike. *Moa so top joomuk naeryo taerigi.*

- \* Level with the shoulders
  - \* Arm straight
  - \* SP - Crossed in front of the chest, back fists face upwards, striking hand underneath
- Moves 21&22:** **Low stance** palm pressing block. *Nachuo so sonbadak noel makgi.*
- \* Performed in slow motion

**Moves 24&28:** Double forearm **middle** side block

**Moves 25&29:** Forearm low reverse block, **shifting**, keep position of the other hand as it was in moves 24&28.

**Moves 26&30:** **Low stance** flat fingertip thrust. *Nachuo so open sunkut tulgi*

- \* Performed in slow motion

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## Po-Eun - 36 moves

PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400), who was a famous poet 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.

Ready stance - Parallel stance heaven hand. *Narani so hannulson*

**Moves 3&21:** Pressing Kick. *Noolo chagi*

- \* Break the knee joint of the shin bone
- \* The attacking tool is the foot sword
- \* The stationary leg is locked on impact

**Moves 5&23:** Angle Punch. *Giokja Jirugi*

- \* Reaches opposite **chest** at the moment of impact

**Moves 6&7, 24&25:** Forefist pressing block and inner forearm side front block. *Ap joomuk noolo jirugi ap palkup yop ap makgi*

**Forefist pressing block:**

- \* Against low attack
- \* Instep is the main target, also the inner ankle
- \* Used with an inner forearm side front block in a sitting stance
- \* Side fist comes to the shoulder when performed in a walking stance

**Inner forearm side front block:**

- \* The middle finger forms a straight line with the shoulder
- \* 80-degree bend in the elbow

**Moves 8&26:** Inner forearm **middle** wedging block. *An palmok kaunde hecho makgi*

**Moves 9&11, 27&29:** Back elbow thrust. *Dwit palkup tulgi.*

- \* Opponent approaching from the rear
- \* Strengthened by opposite finger belly
- \* Elbow is slightly higher than the fist
- \* Back fist faces downward

**Moves 12&30:** Horizontal punch. *Soopyong Jirugi*

- \* Attacks two targets
- \* When the right arm is extended it is a right horizontal punch
- \* The other arm is bent to 90 degrees
- \* Forearms are parallel and horizontal

**Moves 13, 17, 31&35:** Outer forearm low front block. *Bakat palmok najunde ap makgi*

- \* Full facing
- \* Centre line
- \* Finger belly to the under forearm (13&31)
- \* Finger belly to the side fist (17&35)

**Moves 14&32:** U shape grasp. *Digutcha jaggi*

- \* Principle same as U shape block
- \* Grasp and twist the weapon immediately after the block

**Moves 15&33:** Twin elbow horizontal thrust. *Sang palkup soopyong tulgi*

- \* The elbow is horizontal with the shoulder
- \* Back fists face upwards
- \* Two opponents

**Moves 16&34:** Back fist side back strike, extending the arm to the side downwards.

**Moves 18&36:** Reverse knifehand low guarding block. *Sonkal dung najunde daebi makgi*

- \* Performed in either a circular motion or a straight line. (Straight line in Po Eun)
- \* Reverse knife hands are parallel
- \* 3cm between knife hand and lower abdomen
- \* Forearm parallel to the thigh

## NORTHEAST MARTIAL ARTS

### Ge-Baek - 44 moves

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.

**X knifehand checking block.** *Kyocha sonkal momchau makgi*

- \* Defends against turning kick, reverse turning kick or hand attack to the solar plexus and above
- \* Crossed point is slightly higher than the elbows

**Twisting kick.** *Bituro chagi*

- \* The attacking tool reaches the target in an outward curve
- \* In low and middle twisting kicks, the foot is vertical to the target at the moment of impact
- \* **Low** twisting kicks are aimed forwards and target the inner thigh (as in Ge Baek)
- \* Middle twisting kicks are aimed to the side front and target the solar plexus
- \* High twisting kicks are aimed to the side rear and target the face

**Double arc hand block.** *Doo bandalson makgi*

- \* Middle defends against attacks to the chest
- \* **High** defends against attack to the face
- \* Half facing

**Scooping block.** *Duro makgi*

- \* Puts the opponent in a vulnerable position by holding the foot
- \* Use a large circular motion
- \* Counterattack to mid-section immediately after scooping

**Back fist front strike.** *Dung joomuk ap taerigi*

- \* Full facing
- \* Reaches the centre line
- \* Eye height
- \* The other back fist comes under the elbow
- \* Philtrum in the primary target

**Nine shape block.** *Gutja makgi*

- \* Used to break the elbow, wrist or ankle
- \* Can also block simultaneous hand and foot attacks
- \* If the right hand is lower it is a right nine shape block

**Moves 22&23: Middle** turning kick and flying side kick in fast motion

**Move 33:** Move the left foot to A about a half shoulder width while executing a middle turning kick to C with the right foot.

**Middle knuckle fist middle punch.** *Joonji joomuk kaunde jirugi*

- \* Requires maximum snap and a sharp twist of the fist
- \* Reaches solar plexus in an uppercut motion with the back fist facing down
- \* The opposite fist comes to the shoulder unless the fist is vertical to the target (i.e. Choi Yong)