

United Taekwon-Do Federation (Scotland)



KWANG-GAE TERMINOLOGY

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Introduction

This document details a summary of Kwang-Gae that can be used by the 1st Degree student to prepare for the Star Grade system (i.e. 1.1, 1.2 and 1.3 between national 1st Degree and 2nd Degree gradings). Complete pattern details can be located on the Intrepid website at:

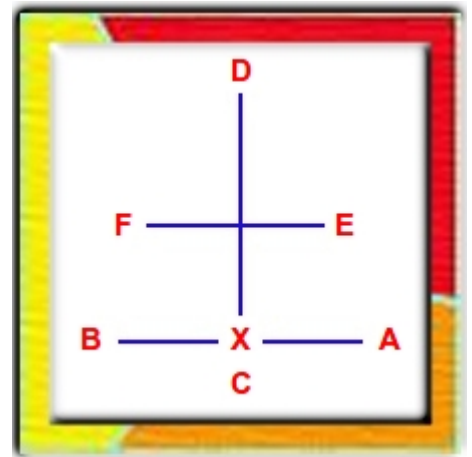
<http://itkdc.com/patterns/kwang-gae-tul/>

The Definition and diagram of Kwang Gae

(39 Movements). 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.



Some Stances from Kwang-Gae

English	Korean
Parallel Stance, Heaven Hand	Narani Sogi, Bandalson
Rear Foot Stance	Dwitbal Sogi
Low Stance	Nachuo Sogi

Stepping

English	Korean
Double Stepping	Ibo Omgyo Didigi i.e. when moving from high knifehand guarding block to the first palm upward block)

Some Kicks from Kwang-Gae

English	Korean
Middle Front Snap Kick	Kaunde Ap Cha Busigi
Pressing Kick	Noollo Chagi

Some main moves from Kwang-Gae

English	Korean
High Palm Hooking Block	Nopunde Sonbadak Golcho Makgi
Palm Upward Block	Sonbadak Ollyo Makgi
Low Knifehand Front Block	Najunde Sonkal Ap Makgi
Side Fist Downward Strike	Yop Joomuk Naeryo Taerigi
Knifehand Inward Strike	Sonkal Anuro Taerigi
Palm Pressing Block	Sonbadak Noollo Makgo
High Back Fist Side Strike	Nopunde Dung Joomuk Yop Taerigi
Flat Fingertip Thrust	Opun Sonkut Tulgi