

United Taekwon-Do Federation (Scotland)



PO-EUN TERMINOLOGY

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Introduction

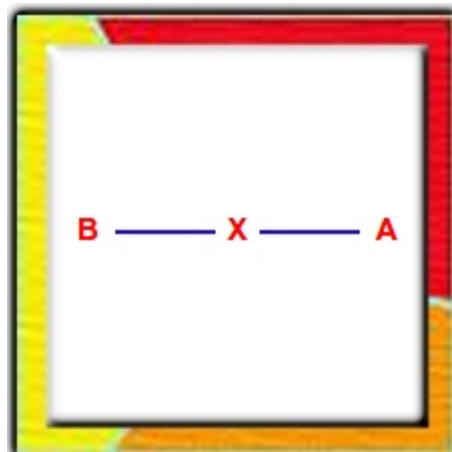
This document details a summary of Po-Eun that can be used by the 1st Degree student to prepare for the Star Grade system (i.e. 1.1, 1.2 and 1.3 between national 1st Degree and 2nd Degree gradings). Complete pattern details can be located on the Intrepid website at:

<http://itkdc.com/patterns/po-eun-tul/>

The Definition and diagram of Po-Eun

(36 Movements). PO-EUN 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.



Stances in Po-Eun

English	Korean
Parallel Stance, Heaven Hand	Narani Junbi Sogo, Bandalson
Sitting Stance	Annun Sogi
One Leg Stance	Waebal Sogi

Kicks in Po-Eun

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

Selection of moves from Po-Eun

English	Korean
Front Fist Pressing Block	Ap Joomuk Noollo Makgi
Back Elbow Strike	Dwit Palkup Tulgi
Horizontal Punch	Soopyong Jurigi
Outer Forearm Front Block	Bakat Palmok Ap Makgi
U-Shaped Grasp	Digutcha Japgi
Twin Elbow Horizontal Thrust	Sang Palkup Soopyong Tulgi