Required Knowledge For 2nd Degree Black Belt - Gold Dot

Hyungs: Gwang-Gae, Ge-Baek

Hyung: Gwang-Gae Movements: 39 Diagram:



Gwang-Gae: 19th King of Koguryo Dynasty who expanded and recovered lost territory. The 39 techniques refer to his reign for 39 years. Performance of this pattern exemplifies one's experience and knowledge while being faithful to basics.

Beginning Position: Parallel stance with Heaven Hand

End Position: Left foot moves to the right foot

Hyung: Ge-Baek Movement: 34 Diagram:

Ge-Baek: was a great admiral of the Paekchae Dynasty (660 A.D.). Performance of this pattern exemplifies the necessity of discipline in learning and in life.

Beginning Position: Parallel ready stance

End Position: Right foot moves to the left foot

Belt significance: Sunrise of Knowledge in the martial arts

Techniques, and Other Requirements

Hands:

Straight punch and related derivations

Reverse punch and related derivations

Feet:

Side piercing kick and related derivations

Soft Technique: Ikkyo applied at different angles with multiple attackers

Free Sparring with full control

All previous requirements

Active participation in Se-Jong Tae Kwon do

Testing Protocol: Only 4th Degree and higher may be examiners for 2nd Dan ranking.

Miskech, L. (2008)

(You will advance like a stream flowing down a mountain.)

