



1st Dan Theory

Po-Eun 36 Moves

Po-Eun is named after the loyal subject Chong Mon Chu (1400AD) who was a famous poet and whose poem "I would not serve a second Master though I may 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 King and country towards the end of the Koryo Dynasty.

| | |
|-----------------------------|------------------------|
| One straight legged stance | WAEBAL SOGI |
| Angle Punch | GIOKJA JIRUGI |
| Fore fist pressing block | AP JOOMUK NOOLYO MAKGI |
| Inner forearm wedging block | AN PALMOK HECHYO MAKGI |
| Back Elbow Thrust | DWIT PALKUP TULGI |
| Horizontal Punch | SOOPYONG JIRUGI |
| Finger Belly | SONGARAK BADAK |
| U Shape Grasp | DIGUTJA JAPGI |
| Twin Elbow Strike | JAU PALKUP TIRIGI |

Po-Eun (1337-1392) was a Scholar, Diplomat, Public Servant and Pioneering Physicist during the Koryo Dynasty. In his early 20's he received the highest scores on three different Public Service qualifying exams, but was best known for his pioneering physics theories and his famous poem. He was fiercely loyal to his King and supported him until his own assassination on "Good Morning Bridge" in 1392, which heralded the end of the Koryo Dynasty and the beginning of the Yi Dynasty under General Yi Song-Gae (King T'AEJO). It is said there is a stone on the bridge at the spot the assassination took place that turns red with the blood of Chong Mon Chu every time it rains.

Po-Eun is all about loyalty and sacrifice, reminding the student of the sacrifices a Black belt should give to Taekwondo in terms of correct teaching and promotion of the Art and also showing loyalty to the Instructor and their fellow students and to give back to the Instructor that has taken the student to Black Belt level.