



1st Dan Theory

Gae-Baek 44 Moves

Gae baek is named after Gae Baek a great General in the Baek-Je Dynasty (660AD)

The diagram (I) represents his strict and severe Military Discipline.

Double Arc Hand Block	DOO BANDALSON MAKGI
Twisting Kick	BITURO CHAGI
Palm Scooping Block	SONBADAK DURO MAKGI
9 Shape Block	GUTJA MAKGI
Front Reverse Knife hand Strike	AP SONKAL DUNG TAERIGI
Middle Knuckle Fist Punch	JOON-JI (OR SONGARAK) JOOMAK JIRUGI

Gae Baek commanded the forces in the last days of the Baek-Je (sometimes pronounced "PAEKCHE") Dynasty. In 660 AD he and 5,000 of his best soldiers fought to defend an attacking force of 50,000 Tang and Silla soldiers. Before going off to war and to keep his mind focused on the battle ahead Gae Baek killed his family to save them from the horrors that would befall them should they be captured by the enemy and considering he was outnumbered 10-1 this was a distinct possibility. Although he won his first few battles he was soon defeated and killed and the 678 year old Baek-Je Dynasty came to an end.

Gae Baek is all about Self Discipline, it also warns that extreme and severe discipline should be avoided as it undermines the true spirit of Taekwondo and its tenets which encourage Courtesy, Modesty, Truth and Respect while at the same time reminding us of the Heroism and Indomitable spirit that Gae Baek and his Army displayed in the defence of their country. More modern examples would be the defence of the Alamo in Texas by 180 men against 3000 invading Mexicans, the 300 Spartans in defence of Sparta against the massive invading armies of Xerxes and the many examples of human bravery displayed by those awarded the VC (Victoria Cross) for gallantry.