



1st Dan Theory

Kwang-Gae 39 Moves

Kwang Gae is named after the famous Kwang Gae T'oh 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 represent the 1st two numbers of 391 the year he came to the throne.

Kwang Gae, (King Tam Dok) is best remembered for the great battles he won. When he succeeded the throne in 391 AD he undertook the task of expanding his Kingdom. It is said he attacked over 1400 towns and Villages and more than 50 "Castles" (it is thought that the "Castles" referred to were fortified towns rather than Castles as we know them). He conquered over two thirds of the Korean peninsular as well as much of modern day Manchuria. King Tam Dok's pen name Kwang Gae translates as "Broad expander of Territory".

Heaven Hand	HANSUL SUN
Pressing kick	NOOLYO CHAGI
Downward Side Fist strike	NAERYO YOP JOOKUK TAERIGI

The Pattern, Kwang Gae, instructs the students to return to their roots in Taekwondo, to take the time to learn the theory and techniques that may have been lost during their journey to Black Belt (*the recovery of lost territory*). In doing so, the new Black Belt will be an effective and knowledgeable Teacher of Taekwondo.