



2nd Dan Theory

Ko-Dang 39 Moves

Ko-Dang is the pseudonym of Cho Man-Sik who dedicated his life to the Independence movement and education of his people. The 39 moves signify his times of imprisonment and his birthplace on the 39th parallel.

Downward straight elbow thrust	NAERYO SON PALMOK TULGI
Downward Outer Forearm block	NAERYO BAKAT PALMOK MAKGI
Twin Inward Knife Hand Strike	SANG ANURO SONKAL TIRIGI
Downward Fore Fist Punch	NAERYO AP-JOOMUK JIRUGI
Defensive Hooking Kick	GOLCHO CHAGI
Crosscut Fingertip Strike	GHUTGI SONKUT TIRIGI

Ko-Dang (01 Feb 1883-15 Oct 1950) was born in Kangso-Gun, now in North Korea and in his youth was an activist within Korea's Christian Community. During Japan's occupation of Korea he became increasingly involved with the Independence movement and was one of the 33 patriots of the 1919 Sam-Il movement where he was arrested and detained. Following his release he dedicated himself to a non-violent resistance to the Japanese occupation earning himself the nickname the "Ghandi of Korea". After the liberation of Korea he was forced to give support to Kim-Il Sung, a Communist who was backed by the Soviets and became leader of North Korea. Cho Man Sik refused to follow this Communist path and was placed under house arrest in 1946 and was transferred to prison in Pyong-Yang in 1948 where he was executed in 1950, only days before the UN Forces entered the city. In 1970 he was awarded the "Order Of Merit" and the "Republic of Korea" medal by the South Korea Government where he is regarded as a Martyr.

In the 1980's, to appease the North Koreans and to bring ITF Taekwondo to North Korea General Choi replaced Ko-Dang (as Cho Man Sik was regarded an enemy of North Korea) with "Juche" who's interpretation is based on the North Korean ideology that "Man is Master of his own destiny".

(GMCHF TKD does not agree with this therefore we teach only the original pattern Ko-Dang)