

Black Belt Patterns

First Degree Recommended Black Belt

Kwang Gae:

(39 moves, left foot returns)

Kwang Gae is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (±) represents expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

First Degree Decided Black Belt

Po-Eun:

(36 moves, left foot returns)

Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400), who was a famous poet and whose poem "I would not serve a second master though I might 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 the king and country towards the end of the Koryo Dynasty.

Ge-Baek:

(44 moves, right foot returns)

Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram (I) represents his severe and strict military discipline.

Sil Hyun:

(60 moves, right foot returns)

Sil Hyun means "Realization." Realization refers to the attainment of one's goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new challenges and new responsibilities. This positive growth cycle improves not only oneself, but also the immediate world around you. This process of "constant and never ending improvement" is the ultimate purpose of Choong Sil Kwon.