



# Brent Ellison Taekwondo USA

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## Poe Eun 1<sup>st</sup> Degree Black Belt Recommended

Start in a ready stance in a "heaven hands" posture.

1. Slide your left foot towards the left into a right back stance while executing a double outer forearm block.
2. Lift your right foot to your left knee one legged stance, turn your head towards the right. Keep your hands in the same position they were in.
3. Execute a pressing kick with your right foot, while maintaining your hand position.
4. Lower your right foot towards the right into a middle stance. Execute a knife hand strike with your right hand to.
5. Execute an angle punch with the left fist while maintaining a sitting stance towards the back.
6. Execute a low block with the left hand and an inner forearm block with the right towards the front.
7. Maintaining stance, execute a low block with the right hand and a inner forearm block with the left.
8. Execute a wedging block (breaking block) with the double forearms towards the front.
9. Strike behind with the right elbow. Left palm covers right fist. Maintain middle stance.
10. Execute a mid-section punch towards the front with the right fist. The left open palm will slide up the right arm and rest above the elbow joint.
11. Strike behind you with the left elbow. Right palm covers left fist.
12. Execute a horizontal punch (Left and right fists) towards the right.
13. Stepping towards the right, step the left foot over the right forming a right X-stance. Turn your head towards the front. Execute a low inner forearm guarding block. Place your left palm on exposed right wrist.
14. Turn the right foot towards the right forming a left back stance, while executing a U shaped grab. (the left upper hand is turned up towards the sky)
15. Bring the left foot to the right forming a closed stance. Execute a twin horizontal elbow. (arms are shoulder height, fists facing each other)
16. Move the left foot towards the left into a middle stance. Execute a back fist strike with the right hand and a low block with the left hand.
17. Cross the right foot over the left forming a left X-stance while executing a low inner forearm guarding block with the left arm. Strike the left fist into the right open palm.
18. Slide the left foot towards the left into a middle stance while executing a low knife hand guarding block with the palms turned up.
19. Execute a forearm middle guarding block towards the right while forming a left back stance, pivoting on the left foot.
20. Lift your left foot to your right knee in a one legged stance, turn your head towards the left. Keep your hands in the same position they were in.
21. Execute a pressing kick with your left foot, while maintaining your hand position.



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22. Lower your left foot towards the left into a middle stance. Execute a knife hand strike with your left hand.
23. Turn your head towards the front. Execute a mid-section angle punch with your right fist. Left fist is retracted.
24. Execute a low block with the right hand and an inner forearm block with the left hand towards the front.
25. Maintaining stance, execute a low block with the left hand and a middle guarding block with the right towards the front.
26. Execute a wedging block (breaking block) with the double forearms towards the front.
27. Strike to the rear with the left elbow. Right palm covers left fist.
28. Execute a mid-section punch towards the front with the left fist. The right open palm will slide up the left arm and rest above the elbow joint.
29. Strike to the rear with the right elbow. Left palm covers right fist.
30. Execute a horizontal punch (right and left fists) towards the left.
31. Stepping towards the left, step the right foot over the left forming a left X-stance. Turn your head towards the front. Execute a low inner forearm guarding block. Place your right palm on exposed left wrist.
32. Turn the left foot towards the left forming a right back stance, while executing a U shaped grab. (the right upper hand is turned up towards the sky)
33. Bring the right foot to the left forming a closed stance. Execute a twin horizontal elbow strike. (arms are shoulder height, fists facing each other)
34. Move the right foot towards the right into a middle stance. Execute a back fist side strike with the left hand and a low block with the right hand.
35. Cross the left foot over the right forming a right X-stance while executing a low inner forearm guarding block with the right arm. Strike the right fist into the left open palm.
36. Slide the right foot towards the right into a middle stance while executing a low knife hand guarding block with the palms turned up.

End. Assume parallel ready stance with "heaven hand"

### Po-Eun (36 Moves)

In his encyclopaedia General Choi told us:

Po-Eun is the pseudonym of the loyal subject Chong-Mong Chu (14th Century AD) 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 of this pattern represents his unerring loyalty to king and country at the end of the Koryo dynasty.

What I've discovered



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**Chong-Mong Chu (1337-1392) was a poet, physicist, University Instructor and a Civil Servant. He took three different Civil Service exams and scored the highest marks possible on all three. At University he taught Neo-Confucianism. He was a diplomat travelling to both Japan and China, on behalf of King U, forming agreements concerning the problems of the Japanese pirates (and the release of their captives) and peace agreements with the Ming Chinese.**

The King's commander in chief General Choi Yong volunteered to attack the Ming head on to make them leave Koryo land and the King agreed with this plan, but a subordinate commander, Yi Song-Gye did not think it wise to make an enemy of the powerful Ming Empire.

Yi Song-Gye betrayed King U. He set out to attack Ming as he had been ordered, but instead returned to the capital with his troops.

Yi Song-Gye knew his popularity would mean he would find support in Kaesong and he had the King exiled (and later killed) in order to become the first King of the Chosun period, King Taejo.

Chong-Mong Chu admired Yi Song-Gye, but remained loyal to the King.

Yi Song-Gye had his son hold a party for Chong-Mong Chu who then had him assassinated by five men sent to intercept him afterwards on Songjuk-Kyo (Good Morning Bridge) in Kaesong.

This bridge, now a national monument is said to have a stone stained brown, which to this day turns red with the blood of Chong-Mong Chu when it rains.

Chong-Mong Chu died in 1392 along with the Koryo dynasty.

One translation of Chong-Mong Chu's famous poem reads thus:

Even if I may die, die a hundred times  
Even if my skeleton may become dust and dirt,  
And whether my spirit may be there or not,  
My single-hearted loyalty to the lord will not change.  
His pen-name means 'Recluse of the vegetable plot.'

Koryo was the ruling dynasty at the time of Marco Polo's encounters with the Chinese and this then is where the Western forms of the name Korea originate.

King Taejo renamed the kingdom 'Chosun' or The Land of the Morning Calm.

The Yi Dynasty ruled from 1392-1910.