



Korean

Elbow-Palkup

Front Elbow Strike- Ap Palkup Taerigi

Back Elbow Strike- Dwit Palkup Taerigi

Side Elbow Strike- Yop Palkup Taerigi

Upper Elbow Strike- Wi Palkup Taerigi

Downward Straight Elbow Strike- Naeryo Sun Palkup Taerigi

GE BAEK

44 moves

6 Different Stances (Sitting stance, Walking Stance, L Stance, Bending Stance, X Stance, Low Stance)

Named after General Ge Baek of the Baek Je Dynasty (600AD). The diagram represents his strict and severe military discipline.

FUN FACTS

He was leader of the army towards the end of the Baek Je Dynasty.

When seriously outnumbered in battle he is reported to have said *“I would rather die than be a slave of the enemy”*

Before going into battle General Ge Baek killed his wife and children to prevent them being captured by the enemy, and to ensure they didn't influence his decisions in the heat of the battle.

His army were outnumbered 10 – 1 and were completely defeated.

The Baek Je Dynasty was 18BC to 660AD

He is recognised for his loyalty to his country and his bravery in battle.

It is believed he was born in what is now South Korea.

He was a martial artist from a young age.

One story says he climbed the Cheondung mountain in Buyeo, as he did so the pine trees fell like reeds and the rocks he stepped upon were left marked by his feet.

During one battle, General Kim Pum Il sent his son Kwan Chan (aged 16) a Hwa Rang warrior, alone into the Baek Je camp to Kill Ge Baek. He was easily captured, but Ge-Baek was so impressed by the young warrior, that he released him unharmed back to the Silla forces.

The next day Kwan Chan tried again to infiltrate the camp and was once again captured. He almost escaped by killing his guards, and also killed Ge-Baek's second in command, kicking him off his horse with a flying kick to the head, breaking his neck! Kwan Chan was then captured and executed, but out of respect Ge Baek sent his body back to his father.

The Baek Je dynasty fell at The Battle of Hwangsanbul, just after Ge Baek ordered his men to 'Hold or Die'

There is a Korean comedy war film about this battle called '*Hwangsanbul*' (translates to 'Once upon a time in a battlefield'). There is also a drama series called "Ge Baek" released in 2011.