

UNIVERSAL TAEKWON-DO FEDERATION

GWANG-GAE HYUNG (8-28–20b)

39 steps, for Dan I-a

Short version for techniques

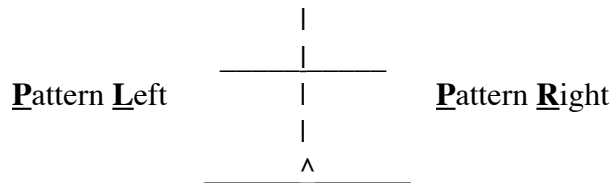
Parallel Ready Stance

with “Heaven Hand” held at 45 degree angle up and away, head bent up looking through the heaven hand

Note:

- 2 slides rearward into stances
- 5 stamps
- 2 shifts rearward in position
- 2 slips forward
- 6 slow motion steps

Pattern Front



Pattern Back

1. 4-way snap from Heaven Hand into vertical pause, pull into Close Ready Stance B
2. **Slowly** body-spiral forward into left w-stance with right upset punch to center-line
3. **Slowly** body-spiral forward into right w-stance with left upset punch to center-line
4. Step left foot forward then step into right w-stance spiraling a right high hooking block
5. Center-pull into low swordarm guarding block to **slide** rearward into right L-stance
6. Step right foot forward then step into left w-stance spiraling a left high hooking block
7. Center-pull into low swordarm guarding block to **slide** rearward into left L-stance
8. Pull forward and spiral-snap into right rear-foot stance high swordarm guarding block
9. Spiral-snap forward into left rear-foot stance high swordarm guarding block
10. **Slow** step and then spiral leftward 1/2 turn into a left w-stance with right palm upward block
11. **Slow** step forward into right w-stance with left palm upward block
12. Pull forward into close-stance with arms circling into right knifehand strike into left palm
13. Keeping hands in place, look left and make sharp left foot pressing kick to your left and
14. follow immediately, but separately with a sharp middle side piercing kick
15. In same direction, right knifehand high inward strike in right L-stance
16. Spiral back and overhead into left sidefist downward side strike, in close Stance >P-Back.
17. Keeping hands in place, look right and make sharp right foot pressing kick to your right and
18. follow immediately, but separately with a sharp middle side piercing kick
19. In same direction, left knifehand high inward strike in left L-stance
20. Spiral back and overhead into right sidefist downward side strike, in close-stance >P-Back.
21. Left low-stance with right palm pressing block and left palm upward block
22. Right low-stance with left palm pressing block and right palm upward block

23. Spiral pivot 1/4 turn right to **stamp** into sitting stance with right backfist high side strike
24. Left foot pivot, snap into right w-stance >P-Front with right double forearm middle block
25. Keeping position of right arm, center-pull left low block to **shift** rearwards in your w-stance
26. **Slow** right flat fingertip high thrust while **slipping** right foot forward into low-stance
27. Pivot on right foot 1/4 turn left to **stamp** into sitting stance with left backfist high side strike
28. Pivot on left foot into left w-stance >P-Back with left double forearm middle block
29. Keeping position of left arm, center-pull right low block to **shift** rearwards in your w-stance
30. **Slow** left flat fingertip high thrust while **slipping** left foot forward into low-stance
31. **Stamp** forward into right w-stance with twin fist high vertical punch
32. **Stamp** left foot 1/4 turn leftward into left w-stance with twin fist upset punch >PR
33. Keep hand positions, forward with right foot middle front kick
34. Right foot down and pivot backward into left L-stance with swordarm guarding block >P-L
35. Pull forward into left w-stance with left fist high punch
36. **Stamp** forward into right w-stance with twin fist upset punch
37. Keep hand positions, forward with left middle front kick
38. Left foot down and pivot backward into right L-stance with swordarm guarding block >P-R
39. Pull forward into right w-stance with right fist high punch

Pull left foot back to starting Heaven Hand ready stance

Gwang-gae-T'o Wang (c. 400 c.e.) was the 19th King of the Koguryo Dynasty who reigned for 39 years and expanded the Korean dynasty into the greater part of Manchuria.

PYI/BFH