

# KWANG-GAE



Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty who regained all the lost territories including the greater part of Manchuria.

## List of Movements:

- start in ready stance & close up
- (kihap)step left & right power uppercut
- step right & left power uppercut
- slide up left, step right & right knife strike
- step back right & double low knife
- slide up right, step left & left knife strike
- step back left & double low knife
- step left to cat stance & double knife
- step right to cat stance & double knife
- turn left & power double palm press
- step right & power double palm press
- slide up left, feet together, & close up(6 seconds)
- left double side & right knife strike
- slide back left & left back fist
- right double side & left knife strike
- slide back right & right back fist
- turn left & power double palm press
- step right & power double palm press
- step back, turn right & right back fist
- shift & spreading block
- shuffle step back, scissor block & right spear
- pivot left & left back fist
- shift & spreading block
- shuffle step back, scissor block & left spear
- step right & double high vert. punch
- turn left & double upset punch
- right front snap, step left, pivot right & double knife
- step left & left middle punch
- step right & double upset punch
- left front snap, step right, pivot left & double knife
- step right & right middle punch(kihap)
- right foot return to close up & return to ready stance

## Kicking Requirements:

- (feet together)double side kick

## Board Break Requirement:

Knife Hand Strike

# GE-BAEK



**Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.)**

## **List of Movements:**

- start in ready stance
- step back right & X block(kihap)
- right twist kick & right/left middle punch
- step back right & left high/low block
- double rising palm block(left to right)
- step left to horse & left upward palm block
- right/left middle punch & right hammer fist
- step left & double knife
- left/right spear hand & right side kick
- double middle block
- step over right & double middle block
- step back left & double knife
- shift to horse & right 9 block
- step over right & left power low knife
- right roundhouse & right slide-up side
- double high vert. punch
- double rising palm block(right to left)
- shift & left uppercut
- pivot left & right elbow strike
- hop to scissor & right back fist(kihap)
- step left to horse & right upward palm block
- left/right middle punch & left hammer fist
- turn left, left press & right ridge strike
- slide back, jump roundhouse(kihap) & double high vert. punch
- shift & right uppercut
- step over right & left 9 block
- left/right double low knife
- step over left & mountain block 2x
- step right, right high block & left middle punch
- pivot left, left high block & right middle punch(kihap)
- right foot return to ready stance

## **Kicking Requirements:**

- Roundhouse to Slide-Up Side
- Jump Roundhouse Kick

## **Board Break Requirement:**

Jump Roundhouse Kick