

Ge-Baek **IS**

44 Movements

“Ge-Baek is named after Ge-Baek, a great General in the Beak Je Dynasty.”

Ready Stance A

1. Left Knife-hand X Block Middle - Left Back Stance
2. Right Twist Kick
3. Right Punch Middle - Right Front Stance
4. Left Reverse Punch Middle - Right Front Stance
5. Left High Block - Left Front Stance
6. Left Low Block - Left Front Stance
7. Twin Horizontal Pressing Arc Hand High (Medium) - Left Front Stance
8. Left Double Fist Block - Right One Leg Stance
9. Left Upset Palm Heel Strike High - Sitting Stance
10. Right Punch Middle - Sitting Stance
11. Left Supported Downward Back-fist - Sitting Stance
12. Left Double Knife-hand Block Left - Back Stance
13. Left Front Kick
14. Left Horizontal Spear-hand High - Left Front Stance
15. Right Reverse Horizontal Spear-hand High - Left Front Stance
16. Right Side Kick
17. Left Double Fist Block - Left Back Stance
18. Left Double Fist Block - Left Back Stance
19. Left Double Knife-hand Block - Left Back Stance
20. Right Nine Block - Sitting Stance
21. Left Knife-hand Low Block - Left Front Stance
22. Right Round Kick
23. Right Jump Side Kick
24. Twin Punch High - Right Front Stance
25. Twin Horizontal Pressing Arc Hand High (Medium) - Right Front Stance
26. Left Reverse Upset Punch Middle - Right Front Stance
27. Right Reverse Horizontal Elbow Strike to Left Palm - Left Front Stance
28. Right Double Inner Forearm Block - Right X Stance
29. Right Palm Heel Upset Strike High - Sitting Stance
30. Left Punch Middle - Sitting Stance
31. Right Supported Downward Back-fist - Sitting Stance
32. Right Reverse Ridge-hand Strike High - Left Front Stance
33. Right Round Kick
34. Twin Punch High - Left Front Stance
35. Right Reverse Upset Punch High - Left Back Stance
36. Left Nine Block - Sitting Stance
37. Left Circular Double Ridge-hand Block Low - Sitting Stance
38. Right Circular Double Knife-hand Block Low - Sitting Stance
39. Left Leg Stretch/ Twin Inner Forearm Block - Sitting Stance
40. Left Leg Stretch/ Twin Inner Forearm Block - Sitting Stance
41. Right High Block - Right Front Stance
42. Left Reverse Punch Middle - Right Front Stance
43. Left High Block - Left Front Stance
44. Right Reverse Punch Middle - Left Front Stance