

Gwang-Gae

42 Movements

“Gwang-Gae is named after the famous Gwan-GaeTo-Wang, the 19th king of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory.”

Ready Stance D

1. Twin Downward Knife-hand Strikes - Right One Leg Stance
2. Ready Stance B
3. Right Reverse Upset Punch Middle (Medium) - Left Front Stance
4. Left Reverse Upset Punch Middle (Medium) - Right Front Stance
5. Right Hooking Block - Right Front Stance
6. Left Double Knife-hand Block Low - Left Back Stance
7. Left Hooking Block - Left Front Stance
8. Right Double Knife-hand Block Low - Right Back Stance
9. Left Double Knife-hand Block - Left Cat Stance
10. Right Double Knife-hand Block - Right Cat Stance
11. Right Reverse Palm Heel Upset Strike High (Medium) - Left Front Stance
12. Left Reverse Palm Heel Upset Strike High (Medium) - Right Front Stance
13. Right Knife-hand Strike Low to Left Palm - Closed Stance
14. Left Side Kick Low
15. Left Side Kick High
16. Right Reverse Outside Knife-hand Strike High - Left Back Stance
17. Left Downward Hammer Fist - Closed Stance
18. Right Side Kick Low
19. Right Side Kick High
20. Left Reverse Outside Knife-hand Strike High - Right Back Stance
21. Right Downward Hammer-fist - Closed Stance
22. Right Reverse Palm Heel Press Block Low (Medium) - Left Front Stance
23. Left Reverse Palm Heel Press Block Low (Medium) - Right Front Stance
24. Right Outside Crescent Kick
25. Right Backfist - Sitting Stance
26. Right Double Inner Forearm Block - Right Front Stance
27. Right Inner forearm Block/Left Reverse Low Block - Right Front Stance
28. Right Horizontal Spear Hand High (Medium) - Right Extended Front Stance
29. Left Outside Crescent Kick
30. Left Back-fist - Sitting Stance
31. Left Double Inner Forearm Block - Left Front Stance
32. Left Inner forearm Block/Right Reverse Low Block - Left Front Stance
33. Left Horizontal Spear Hand High (Medium) - Left Extended Front Stance
34. Twin Punch High - Right Front Stance
35. Twin Upset Punch Middle - Left Front Stance
36. Right front Kick
37. Right Double Knife-hand Block - Right Back Stance
38. Left Punch High - Left Front Stance
39. Twin Upset Punch Middle - Right Front Stance
40. Left Front Kick
41. Left Double Knife-hand Block - Left Front Stance
42. Right Punch High - Right Front Stance