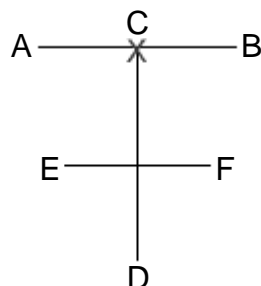


# KWANG-GAE

## Movements - 39

### Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

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. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.



1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.
14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.

17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.
18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.
21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.
22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.
23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
27. Move the left foot on lone CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.
32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.
33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
34. Lower the right foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.
38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.
39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

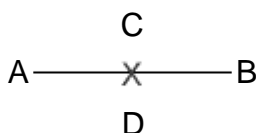
**END: Bring the left foot back to a ready posture.**

# PO-EUN

## Movements - 36

### Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is know to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.



1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
11. Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
12. Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion.
13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
14. Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.
15. Move the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.
17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
19. Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.

20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.
22. Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.
24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
25. Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
27. Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.
31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.
32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.
33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.
34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.
35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.
36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

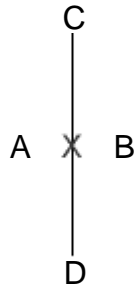
**END: Bring the left foot back to a ready posture.**

# GAE-BAEK

## Movements - 44

### Ready Posture - PARALLEL READY STANCE

GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.



1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 3 and 4 in a fast motion.
5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a connecting motion.
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.
14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat finger tip.
15. Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C.
16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
22. Execute a middle turning kick to BC with the right foot and then lower it to C.
23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.
26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.
36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.
37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.
40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.
41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.
44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

**END: Bring the right foot back to a ready posture.**