

CHUL-GAE

SUPPLEMENTAL 1ST DEGREE BLACK BELT FORM - 25 MOVEMENTS



Begin: "C" position ready stance starting at [X] facing North

1. Keeping body upright, bend left knee, pick up right foot pointing sole West while hands move vertical at solo-plex (touching)
 2. Land right foot down, then move left foot West forming horse stance while executing back hand slap with left hand.
 3. Shift West forming LFF front stance while executing middle-section elbow attack with right arm (right elbow strikes left palm).
 4. Shift North forming horse stance while executing vertical guarding block with right fist.
 5. Stationary. Execute outside down block with right outer forearm East.
 6. Stationary. Execute hook punch with left fist.
 7. Move left foot behind right foot then right foot East forming horse stance while executing inside block with left inner forearm North.
 8. Shift East forming RFF front stance looking North while executing (*left hand is a straight down block & right hand is a back-fist 90**)
 9. Shift North forming horse stance while executing front strike with right fist (left fist (palms down) parallel to the ground is tucked underneath right elbow).
 10. Avoid sweep, move right foot to left knee then right foot East forming RFF back stance while executing front strike with right fist.
 11. Avoid sweep, move left foot to right knee then left foot West forming LFF back stance while executing inside front strike with right fist.
 12. Shift North forming horse stance while executing vertical guarding block with right fist.
 13. Stationary. Execute parallel blocks East (right arm is straight & left arm is across the chest (palm down) elbow 90 degrees).
 14. Stationary. Execute back hand slap with right hand East.
 15. Shift East forming RFF front stance while executing middle-section elbow attack with left arm (left elbow strikes right palm).
 16. Shift North forming horse stance while executing vertical guarding block with left fist.
 17. Stationary. Execute outside down block with left outer forearm West.
 18. Stationary. Execute hook punch with right fist.
 19. Move right foot behind left foot then left foot West forming horse stance while executing inside block with right inner forearm North.
 20. Shift West forming LFF front stance looking North while executing (right hand is a straight down block & left hand is a back fist (90*)).
 21. Shift North forming horse stance while executing front strike with left fist (right fist (palms down) parallel to the ground is tucked underneath left elbow).
 22. Avoid sweep, move left foot to right knee then left foot West forming LFF back stance while executing front strike with left fist.
 23. Avoid sweep, move right foot to left knee then right foot East forming RFF back stance while executing inside block with left fist.
 24. Shift North forming horse stance while executing vertical guarding block with left fist.
 25. Stationary. Execute parallel blocks West (left arm is straight & left arm is across the chest (palm down) elbow 90 degrees).
- End: Move right foot back to [X] forming "C" position ready stance facing North.

Reminders:

Ready Stance: body is upright; feet are touching; open hand covering each other in front of the belt forming a circle. (C Position)