

# KWANG-GAE

## 1<sup>ST</sup> DEGREE BLACK BELT - 39 MOVEMENTS

Kwang-Gae form is named after the famous Kwang-Gae Toh-Wang, the 19<sup>th</sup> 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 & for the length of his rein.



Begin: Ready Position starting at [X] facing North

1. Move left foot to right foot (touching) while hands are slowly making a vertical circle to B position.
  2. Move left foot North forming LFF front stance while executing inside punch with right fist. (Slow)
  3. Move right foot to North forming RFF front stance while executing inside punch with left fist. (Slow)
  4. Move left foot to right foot (touching) North then right foot forming RFF front stance North while executing inside block with right inner forearm.
  5. Move right foot South while looking North forming LFF back stance while executing low-section double knife-hand guarding block.
  6. Move right foot to left foot (touching) North then left foot North forming LFF front stance North while executing inside block with left inner forearm.
  7. Move left foot South while looking North forming RFF back stance while executing low-section double knife-hand guarding block.
  8. Move right foot North forming RFF cat stance while executing middle-section double knife-hand guarding block.
  9. Move left foot North forming LFF cat stance while executing middle-section double knife-hand guarding block.
  10. Pivot left foot pointing South & then right foot South forming LFF front stance while executing palm heel block with right hand.
  11. Move right foot South forming RFF front stance while executing palm heel block with left hand.
  12. Move left foot to right foot (touching) while forming Kwang-Gae form ready stance, in a circular motion, move hands to striking position (right hand is a knife-hand that strikes the left palm) in front of the abdomen.
  13. Facing East, execute low-section side kick with left foot & then tuck left knee (ready to kick again).
  14. Facing East, execute high-section side kick with left foot.
  15. Landing in LFF back stance, using left hand grabs pulling left fist to right shoulder while executing inverse knife-hand attack with right hand.
  16. Move left foot to right foot (touching) while executing hammer fist with left hand towards East.
  17. Facing West, execute low-section side kick with right foot & then tuck right knee (ready to kick again).
  18. Facing West, execute high-section side kick with right foot.
  19. Landing in RFF back stance, using right hand grabs pulling right fist to left shoulder while executing inverse knife-hand attack with left hand.
  20. Move right foot to left foot (touching) while executing hammer fist with right hand towards West
  21. Move left foot South forming LFF front stance while executing pressing blocks (motion) right palm up. (Slow)
  22. Move right foot South forming RFF front stance while executing pressing blocks (motion) left palm up. (Slow)
  23. Move (stomp) right foot North (turning clockwise 180 degrees) forming horse stance while executing back-fist attack with right hand.
  24. Shift right foot North forming RFF front stance while executing face-attack.
  25. Remaining in RFF front stance, ¼ step slide backwards while executing nine blocks.
  26. Slipping right foot, form low-section RFF front stance while executing spear-hand attack with right hand.
  27. Move (stomp) right foot South (turning clockwise 180 degrees) forming horse stance while executing back-fist attack with left hand.
  28. Shift left foot South forming LFF front stance while executing face-attack.
  29. Remaining in LFF front stance, ¼ step slide backwards while executing nine blocks.
  30. Slipping left foot, form low-section LFF front stance while executing spear-hand attack with left hand.
  31. Move right foot South forming RFF front stance while executing high-section double punch with both fists.
  32. Move left foot East (turning counter-clockwise 90 degrees) forming LFF front stance while executing middle-section double punch with both fists (palms pointing up).
  33. Execute high-section front kick with right foot.
  34. Lower right foot to left foot (touching) then move left foot to RFF back stance facing West while forming middle-section double knife-hand guarding block.
  35. Move left foot West forming LFF front stance while executing high-section punch with left fist.
  36. Move right foot West forming RFF front stance while executing middle-section double punch with both fists (palms pointing up).
  37. Execute high-section front kick with left foot.
  38. Lower left foot to right foot (touching) then move right foot forming LFF back stance facing East while executing middle-section double knife-hand guarding block.
  39. Move right foot East forming RFF front stance while executing high-section punch with right fist.
- End: Move left foot back to [X] forming ready stance facing North.

### Reminders:

**Ready Stance:** body is upright; legs are shoulder width; toes point forward; open hands crossed, thumbs touching with a small opening, arms are almost straight & looking through the hole.

**RFF:** Right Front Foot **LFF:** Left Front Foot

### Testing Requirements:

I. Kwang-Gae Form    II. Questions    III. Demonstration of 4 kick combo.    IV. Free-Sparring    V. Board Breaking: [Women: 2 stations/1 ad. board] [Men: 2 stations/2 ad. boards]