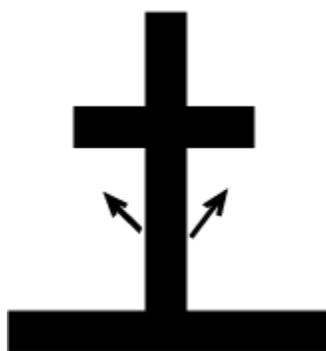


KWANG - GAE HYUNG

Pronounced (Kwong - Gaye)

Kwang – Gae was the 19th king of the Koguryo Dynasty who regained all the lost territories of Korea that had previously been taken by Japan and China. The Pattern of the form (±), which displays a “Plus” placed on top of a “Minus”, represents the loss and recovery of the territory. The 39 movements of the form refer to his reign for 39 years.

The Pattern made by this form:



of Movements – 39

of Kihaps – 3

#1 Opening hands into ready position

#23 Right Backfist Strike

#27 Left Backfist Strike

Persevering to embrace “no fear of the dark and greater respect for the light”.

A Recommended Black Belt is being tested, like a tree in a storm, for durability and spirit in preparation for the journey that lies ahead.



1st DEGREE BLACK BELT-RECOMMENDED

KWANG GAE HYUNG

TECHNIQUE

- Twin arc hands ready position
1. Closed ready position B (kihap)
 2. Right tension reverse upset punch
 3. Left tension reverse upset punch
 4. Right hooking block (Right 45°)
 5. Left double knifehand low block
 6. Left hooking block (Left 45°)
 7. Right double knifehand low block
 8. Left double knifehand block
 9. Right double knifehand block, turn right 180°
 10. Right tension reverse upset palm heel block
 11. Left tension reverse upset palm heel block
 12. Right circular upset knifehand strike (low) to left palm
 13. Left double outer forearm block
 14. Left repeat side kick (13. & 14., no pause)
 15. Right reverse upset knifehand strike
 16. Left side overhead hammerfist strike
 17. Right double outer forearm block
 18. Right repeat side kick (17. & 18., no pause)
 19. Left reverse upset knifehand strike
 20. Right side overhead hammerfist strike
 21. Right reverse tension palm pressing block
 22. Left reverse tension palm paressing block
 23. Right stomp kick-right backfist (kihap), turn right 180°
 24. Right double inner forearm block
 25. Right inner forearm - left low block (hopping back 1/4 stance)
 26. Right tension horizontal spearhand strike
 27. Left stomp kick - left backfist (kihap), turn left 180°
 28. Left double inner forearm block
 29. Left inner forearm - right low block (hopping back 1/4 stance)
 30. Left tension horizontal spearhand strike
 31. Twin high punch
 32. Twin upset punch
 33. Right front kick, step twice and turn right 180°
 34. Right double knifehand block
 35. Left front kick
 36. Left double knifehand block
 37. Right high punch
- Move left foot back to ready position

STANCE

- Parallel
- Closed
- Left front
- Right front
- Right front
- Right back
- Left front
- Left back
- Right rear
- Left rear
- Left front
- Right front
- Closed
- Right back
- Closed
- Left back
- Closed
- Left front
- Right front
- Left back
- Right front
- Adjust stance
- Right back
- Left front
- Adjust stance
- Right front
- Left front
- Left back
- Right back
- Right front

