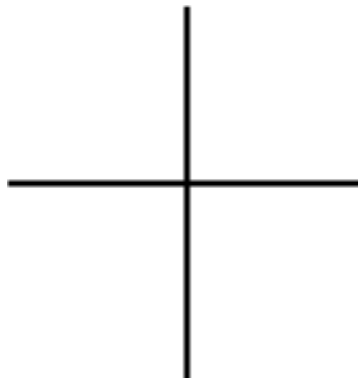


GAE BAEK

Pronounced (Gay Beck)

Gae Baek is named after Gae Baek., a great general in the Poekche Dynasty (600 A.D.). The diagram (+) represents his severe and strict military discipline.

The Pattern made by this form:



of Movements – 44

of Kihaps – 3

#1 Knifehand X – Block

#23 Right Side Kick

#35 Right Reverse Knuckle Upset Punch

All of the colors the spectrum combined together make up the color black.

The Black belt there represents the absorption and mastery of all the previous belts and their respective colors.



1st DEGREE BLACK BELT-SENIOR

GAE BAEK

<u>TECHNIQUE</u>	<u>STANCE</u>
Parallel ready position	
1. Knifehand X - block (kihap)	Right back
2. Right twist kick	
3. Right middle punch	Right front
4. Left reverse middle punch	
5. Left high block	Left front
6. Left low block	
7. Tension twin palm block	
8. Left double outer forearm block	Right one leg
9. Left palm upset block	Middle
10. Right middle punch	
11. Left backfist	
12. Left double knifehand block	Right back
13. Left front kick	
14. Left high spearhand strike	Left front
15. Right reverse high spearhand strike	
16. Right side kick	
17. Left double outer forearm block	Right back
18. Left double outer forearm block	Right back
19. Left double knifehand block	Right back
20. Right 9 - block	Middle
21. Left knifehand low block	
22. Right side kick (kihap)	
23. Twin high punches	Right front
24. Tension twin palm block	
25. Left reverse upset punch	
26. Right reverse elbow strike	Left front
27. Right double inner forearm block	Middle
28. Right palm upset block	
29. Left middle punch	
30. Right backfist	
31. Right reverse high ridgehand strike	Left front
32. Right round kick	
33. Twin high punches	Left front
34. Right reverse knuckle upset punch (kihap)	Right back
35. Left 9 - block	Middle
36. Left double ridgehand low block	
37. Right double knifehand low block	



1st DEGREE BLACK BELT-SENIOR

GAE BAEK

TECHNIQUE

- 38. (Straight kick) Twin inner forearm block
- 39. (Straight kick) Twin inner forearm block
- 40. Right high block
- 41. Left reverse middle punch
- 42. Left high block
- 43. Right reverse middle punch

Move right foot up to ready position

STANCE

Middle
Middle
Right front

Left front

