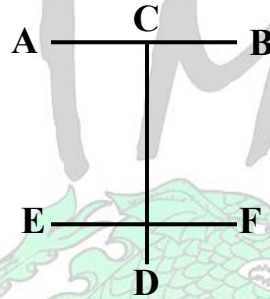


## Kwang Gae

**Kwang Gae:** (39 Movements) The pattern 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 AD., the year he came to the throne.



**Ready Posture – PARALLEL STANCE WITH A HEAVEN HAND** Starting at C facing D.

1. Bring the left foot to the right to form a closed ready stance B toward D, bringing the hands together 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 a 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 to D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side front 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 counterclockwise, 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 closed stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in movement 12.
14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in movement 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 closed 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 movement 16.
18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in movement 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 closed 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 movement 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 line CD in a stamping motion to form a sitting stance to 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 movement 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. **Perform in slow motion.**
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.

