

Ge Baek

Ge Baek: (44 Movements) The pattern Ge-Baek is named after Gae-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram (I) represents his severe and strict military discipline.



Ready Posture – PARALLEL READY STANCE

1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in movement 1.
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a left middle punch to D in a right walking stance toward D.

Perform 3 and 4 in a fast motion.

5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
6. Execute a left low forearm block to D in a left walking stance toward D.

Perform 5 and 6 in a continuous motion.

7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D.
8. Turn the face to D while forming a right bending ready stance A to D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC.

Perform 9 and 10 in a connecting motion.

11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot online AB, move the left foot to C forming a right L-stance to C while executing a middle knife-hand guarding block to C.
13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in movement 12.
14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat fingertip.
15. Execute a high thrust to C with the right flat fingertip while maintaining a left low stance toward C.
16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the

opposite direction.

17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

18. Move the right foot to D turning counterclockwise to form a right L-stance toward C while executing a middle forearm guarding block to C.

19. Move the left foot to D turning anti-clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

20. Move the left foot online CD to form a sitting stance toward A while executing a right 9-shape block.

21. Move the right foot to D, turning anti-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.

22. Execute a right middle turning kick to BC and lower the right foot to C.

23. Execute a flying side piercing kick to C with the right foot.

Perform 22 and 23 in a fast motion.

24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.

25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.

26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.

27. Move the right foot online CD, forming a left walking stance toward D while striking the left palm with the right front elbow.

28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.

29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.

30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD.

Perform 29 and 30 in a connecting motion.

31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.

32. Move the left foot to C, forming a left walking stance toward C, executing a high front strike to C with the right reverse knife-hand.

33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.

34. Lower the right foot to C, and then turn counterclockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.

35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.

36. Move the right foot to D to form a sitting stance toward B, at the same time executing a left 9-shape block.

37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.

