

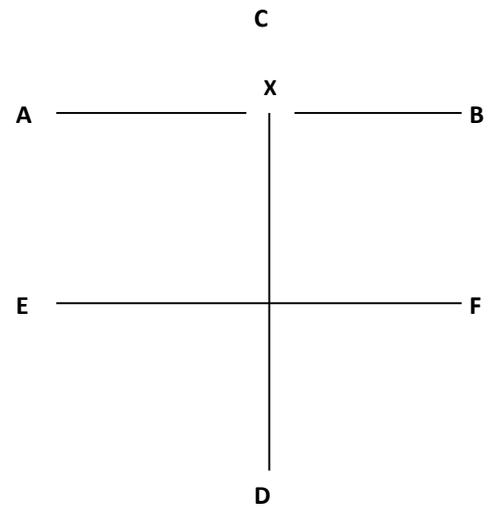


**Gwang-Gae – 39 moves-** Is named after the famous Gwang Gae T'o Wang, the 19<sup>th</sup> King of the Koguryo Dynasty, who regained all of the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to his reign of 39 years.

Practiced by Brown Belts

Start from Chumbi Stance

1. Bring your left foot to right in ready stance D (Heavenly Hands). Raising your left leg to the side and opening left hand and closed right hand. Bring your hands down below belt in a circular motion, right fist in left hand. At the same time bring your left leg back to right.
2. Step forward with your left foot towards D and form a front stance, with left fist out and right fist at side facing downward. Execute a right hand reverse kidney punch.
3. Step forward with your right foot towards D and from a front stance, with right fist out and left fist at side facing downward. Execute a left hand reverse kidney punch.
4. Bring your left foot to right and step out with right towards D in a front stance, execute a hooking palm block with your right hand.
5. Step back towards C with your right foot forming a left back stance and executing a low knifehand guarding block.
6. Bring your right foot to left and step out with left towards D in a front stance, execute a hooking palm block with your left hand.
7. Step back towards C with your left foot forming a right back stance while executing a low knifehand guarding block.
8. Step forward with your left foot towards D, forming a cat stance; execute a knifehand guarding block.
9. Step forward with your right foot towards D forming a cat stance; execute a knifehand guarding block.
10. Step over with your left foot towards F, step forward towards D with your right foot, pivoting to C, forming a left front stance and executing a right reverse palm up pressing block.
11. Step forward with your right foot towards C forming a front stance and execute a left reverse palm up pressing block.
12. Bring your left foot to right forming a closed stance towards C while executing a high knifehand X block. In a circular motion, bring hands down below belt hitting the left palm with a right inverted chop.
13. Look towards E, bringing your hands up in a fighting position; execute a low left leg side kick towards E.
14. Without putting left foot down, execute a high left leg side kick.
15. Lower your left foot down towards E forming a back stance, execute an inverted chop with right hand, bringing left hand in front of the right shoulder.
16. Bring your left foot back to right in a closed stance while executing a left hand over head hammer fist towards E.
17. Looking towards F with your hands in a fighting position, execute a low right leg side kick towards F.
18. Without putting your right foot down, execute a high right leg side kick.



19. Lower your right foot down towards F forming a back stance; execute an inverted chop with left hand, bringing right hand in front of the left shoulder.
20. Bring your right foot to left in a closed stance while executing a right hand over head hammer fist towards F.
21. Move your left foot to C forming a front stance; execute a double pressing block starting the left hand down.
22. Move your right foot to C forming a front stance; execute a double pressing block starting with the right hand down.
23. Move your right foot towards D in a stomping motion, form a right back stance while executing a right hand back fist strike.
24. Stepping out in a right foot front stance towards D, execute a right double forearm guarding block.
25. While maintaining a right front stance, execute a retreating reverse low block with left arms.
26. Raising your right knee and aiming your left hand, step back down to right front stance towards D while executing a right hand high palm down spear finger.
27. Move your left foot towards C in a stomping motion, forming a left back stance while executing a left hand backfist strike.
28. Stepping out in a left foot front stance towards C, execute a left arm double forearm guarding block.
29. While maintaining a left front stance, execute a retreating reverse low block with the right arm.
30. Raising your left knee and aiming your right hand, step back down to a right front stance towards C while executing a left hand high palm down spearfinger.
31. Move your right foot towards C in a stomping motion, forming a right front stance while executing a high twin punch.
32. Move the left foot towards A in a stomping motion, forming a left front stance towards A while executing a double upset kidney punch.
33. Execute a back leg snap kick towards A with your right leg.
34. Lower the right foot to the left and then step back towards A with the left foot to form a right leg forward back stance towards B while executing a knifehand guarding block.
35. Move your left foot towards B forming a left leg front stance while executing a high left front punch.
36. Move your right foot towards B in a stomping motion, forming a front stance towards B while executing a double upset kidney punch.
37. Execute a back leg snap kick towards B with your left leg.
38. Lower your left foot to the right and then step back towards B with the right foot to form a left leg forward back stance towards A while executing a knifehand guarding block.
39. Move your right foot towards A forming a right front stance while executing a high right front punch.

Return to Heavenly Hand position

Return to Chumbi