

Senior 1st Dan Form

Gae-Baek

Punches Low

Chung-Be Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	<u>Left Knifehand X-Block</u>	Left Backstance
2	Right #2 Twist Kick	
3	Right Punch	Right Frontstance
4	Left Reverse Punch	Right Frontstance
5	Left High Block/Single-handed Low Block	Left Frontstance
6	Twin Arc Hands (press)	Left Frontstance
7	Left Double Fist Block	One Leg Balance Stance
8	Left Uppercut Palm Heel	Sittingstance
9	Right Punch	Sittingstance
10	Left Downward Backfist	Sittingstance
11	Left Double Knifehand	Left Backstance
12	Left #1 Front Kick	
13	Left Spearhand	Left Frontstance
14	Right Reverse Spearhand	Left Frontstance
15	Right #2 Side Kick	
16	Left Double Fist Block	Left Backstance
17	Left Double Fist Block	Left Backstance
18	Left Double Knifehand Block	Left Backstance
19	Right 9 Block	Sittingstance
20	Left Knifehand Low Block	Left Frontstance
21	Right #2 Round Kick	
22	<u>Right #3 Slide Side Kick</u>	
23	Twin Face Punch	Right Frontstance
24	Twin Arc Hands (press)	Right Frontstance
25	Left Uppercut	Right Frontstance
26	Right Elbow	Left Frontstance
27	Slide Right Double Innerforearm Block	Right X Stance
28	Right Uppercut Palm Heel	Sittingstance
29	Left Punch	Sittingstance
30	Right Ridgehand	Left Frontstance
31	Right #2 Round Kick	
32	Twin Face Punch	Left Frontstance
33	<u>Right Uppercut</u>	Left Backstance
34	Left 9 Block	Sittingstance
35	Left Double Ridgehand Low	Sittingstance
36	Right Double Knifehand Low	Sittingstance
37	Left Stretch Kick	
38	W-Block	Sittingstance
39	Left Stretch Kick	
40	W-Block	Sittingstance
41	Right High Block	Right Frontstance
42	Left Punch	Right Frontstance

43 Left High Block

Left Frontstance

44 Right Punch

Left Frontstance

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