

# 1<sup>st</sup> Dan Form

## Gwang-Gae

*Punches High*

Window of Knowledge

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	<b><u>Twin Knifehands High/Left Downward Side Kick</u></b> Closed Ready Stance	
2	Right Reverse Uppercut (press)	Left Frontstance
3	Left Reverse Uppercut (press)	Right Frontstance
4	Right Hooking Block	Right Frontstance
5	Left Double Knifehand Block Low	Left Backstance
6	Left Hooking Block	Left Frontstance
7	Right Double Knifehand Block Low	Right Backstance
8	Left Double Knifehand Block	Left Catstance
9	Right Double Knifehand Block	Right Catstance
10	Right Reverse Uppercut Palm Block (press)	Left Frontstance
11	Left Reverse Uppercut Palm Block (press)	Right Frontstance
12	Right Circular Knifehand	Closed Stance
13	Left #1 Side Kick Low/Left #1 Side Kick High	
14	Right Inverted Knifehand Strike	Left Backstance
15	Left Hammerfist	Closed Stance
16	Right #1 Side Kick Low/Right #1 Side Kick High	
17	Left Inverted Knifehand Strike	Right Backstance
18	Right Hammerfist	Closed Stance
19	Right Reverse Downward Palm Block (press)	Left Frontstance
20	Left Reverse Downward Palm Block (press)	Right Frontstance
21	Right Crescent Kick	
22	<b><u>Right Backfist</u></b>	Sittingstance
23	Right Double Innerforearm Block	Right Frontstance
24	Right Z-Block	Right Frontstance
25	Right Single-handed Spearhand High (press)	Right Fixed Frontstance
26	Left Crescent Kick	
27	<b><u>Left Backfist</u></b>	Sittingstance
28	Left Double Innerforearm Block	Left Frontstance
29	Left Z-Block	Left Frontstance
30	Left Single-handed Spearhand High (press)	Left Fixed Frontstance
31	Twin Face Punch	Right Frontstance
32	Twin Uppercut	Left Frontstance
33	Right #2 Front Kick	
34	Right Double Knifehand	Right Backstance
35	Left Punch	Left Frontstance
36	Twin Uppercut	Right Frontstance
37	Left #2 Front Kick	
38	Left Double Knifehand Block	Left Backstance
39	Right Punch	Right Frontstance

**Gwang-Gae (39 movements):** Gwang-Gae is named after the famous Gwang-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.