

Kwang-Gae

1st Recommended Black Belt Heaven Held Hands/Parallel Ready Stance

Technique			Stance	Target
1	Balance	Move hands to closed stance B (Kihap)	Closed	High
2	Right	Reverse upset punch (slow)	Front	Middle
3	Left	Reverse upset punch (slow)	Front	Middle
4	Right	Outward hooking block	Front	High
5	Left	Low double knifehand block	Back L	Low
6	Left	Outward hooking block	Front	High
7	Right	Low double knifehand block	Back L	Low
8	Left	Double knifehand block	Rear L	Middle
9	Right	Double knifehand block	Rear L	Middle
10	Right	Reverse upward palm block (slow)	Front	Middle
11	Left	Reverse upward palm block (slow)	Front	Middle
12	Right	Knifehand to left palm	Closed	Low
13	Left	Side kick		Low
14	Left	Side kick (continuous fast motion)		High
15	Right	Inverted knifehand strike	Back L	High
16	Left	Hammerfist	Closed	High
17	Right	Forward leg side kick		Low
18	Right	Forward leg side kick (continuous fast		High
19	Left	Inverted knifehand strike	Back L	High
20	Right	Hammerfist	Closed	High
21	Right	Double palm pressing block (slow)	Front	High/low
22	Left	Double palm pressing block (slow)	Front	High/low
23	Right	Backfist (Kihap)	Middle	High
24	Right	Double forearm block	Front	Middle

Technique			Stance	Target
25	Right	Low block	Front	Low
26	Right	Horizontal spearhand (slow)	Same	High
27	Left	Backfist (Kihap)	Middle	High
28	Left	Double forearm block	Front	Middle
29	Left	Low block	Front	Low
30	Left	Horizontal spear thrust (slow)	Same	High
31	Right	Twin vertical punch	Front	High
32	Left	Twin upset punch	Front	Middle
33	Right	Turning front kick		Middle
34	Right	Double knifehand block	Back L	Middle
35	Left	Punch	Front	High
36	Right	Twin upset punch	Front	Middle
37	Left	Turning front kick		Middle
38	Left	Double knifehand block	Back L	Middle
39	Right	Punch	Front	High
39 moves, Left Foot Returns				

Kwang Gae:

(39 moves, left foot returns)

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 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.