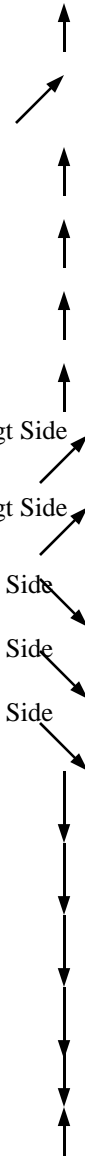


Ge Baek (1st Degree Black Belt)

<i>MOVE</i>	<i>TECHNIQUE</i>	<i>TARGET</i>	<i>STANCE</i>	<i>STEPPING & DIRECTION</i>	<i>FACING</i>
1	Upward X-Block with Knife-hands <i>KIHAP</i>	High	Left Back L- Stance	Retreat right foot	Front
2	Right Twist Kick	Low		Advancing—Kick at 45°	Front
3	Right Front Punch	Middle	Right Front Stance	Land forward	Front
4	Left Reverse Punch Perform 3 & 4 in Continuous Motion—(Double punching)	Middle	Same	Stationary	Front
5	Left High Rising Block	High	Left Front Stance	Retreat right foot	Front
6	Left Low Block	Low	Same	Stationary	Front
7	Double Arc-hand Pushing Block	Middle	Same	Block—45° to right	Front Rgt Side
8	Double Outer Forearm Blocks	Middle	Right Bending Stance	Face same target as 7	Front Rgt Side
9	Left Upward Palm Block	Middle	Middle Stance	Step left foot out at 45°	Rear Rgt Side
10	Right Punch	Middle	Middle Stance	Stationary	Rear Rgt Side
11	Left Front Backfist	High/Middle	Same	Stationary	Rear Rgt Side
12	Knifehand Guarding Blocks	Middle	Left Back L- Stance	Retreat right foot then step out left foot to form stance,	Rear
13	Left front kick	Low			Rear
14	Left Spearhand	High	Left Front Stance	Land forward	Rear
15	Right Spearhand	High	Same	Stationary	Rear
16	Right Forward Turning Side- kick	Middle		Kick to Rear	Rear
17	Double Outer Forearm Blocks	Middle	Left Back L- Stance	Land facing to front	Front



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<i>MOVE</i>	<i>TECHNIQUE</i>	<i>TARGET</i>	<i>STANCE</i>	<i>STEPPING & DIRECTION</i>	<i>FACING</i>	
23	Double Outer Forearm Blocks	Middle	Left L-Stance	Turn counterclockwise 180° to rear, pivoting on the left foot	Rear	↓
24	Double Knife-hand Blocks	Middle	Left L-Stance	Reverse turn counterclockwise 180° to front pivoting on the right foot	Front	↑
25	9-shaped block	Middle/ low	Middle stance	Shift left foot	Right	→
26	Left Knife-hand low block	Low	Left front stance	Turn counterclockwise 270° to face rear pivoting on the left foot	Rear	↓
27	Right Turning Round Kick	Middle		To rear	Rear	↓
23	Right Step together Sidekick	Middle		To rear	Rear	↓
24	Twin vertical punch	High	Right Front Stance	Land to rear	Rear	↓
25	Push block with twin arc hands	Middle	Same	Push at 45° angle to right rear side	Right Rear	↘
26	Left upset punch	Middle	Same	At 45° angle to right rear side	Right Rear	↘
27	Right forearm strike into left palm	Middle	Left front stance	Shift the left foot and face front OR Double step turn to front	Front	↑
28	Double inner forearm blocks	Middle	Reverse back L stance	Jump toward front	Front	↑
29	Right Upward Palm Block	Middle	Middle Stance	Step left foot out at 45°	Left Front	↖
30	Left Punch	Middle	Middle Stance	Stationary	Left Front	↖
31	Right Front Backfist	High/ Middle	Same	Stationary	Left Front	↖
32	Right Ridgehand Strike over left down block	High	Left front stance	Shift left foot to rear	Rear	↓
33	Right turning round kick	Middle		To rear	Rear	↓

Ge Baek (1st Degree Black Belt)

<i>MOVE</i>	<i>TECHNIQUE</i>	<i>TARGET</i>	<i>STANCE</i>	<i>STEPPING & DIRECTION</i>	<i>FACING</i>	
34	Twin Vertical Punch	High	Left Front	Land to front	Front	↑
35	Right uppercut punch with the middle knuckle KIHAP	High	Left back L-stance	Shift left foot back (face front)	Front	↑
36	“9” Shaped block	Middle	Middle	Step forward with your right foot	Left	←
37	Circular double ridgehand blocks to your left	Low	Middle	Stationary	Rear	↓
38	Circular double ridgehand blocks to your right	Low	Middle	Stationary	Front	↑
39	Double outward motion inner forearm blocks (“W” blocks)	High	Middle	Step forward 180°(clockwise turn) with your left foot making a stamping kick	Right	→
40	Double outward motion inner forearm blocks (“W” blocks)	High	Middle	Step forward 180°(clockwise turn) with your left foot making a stamping kick	Left	←
41	Right high rising block	High	Right front	Step to the rear with your right foot	Rear	↓
42	Left reverse punch	Middle	Right front	Continuous motion with 41	Rear	↓
43	Left high rising block	High	Left front	Double step turn to front.	Front	↑
44	Right reverse punch (KIHAP)	Middle	Left front	Continuous motion with 43	Front	↑

Right foot returns -
Parallel Ready Stance

This pattern moves up & down along a straight line |