

# Kwang-Gae (Volume11 35 to 118)

(index)

## PATTERN KWANG-GAE

This pattern is practised by the 1st degree and above.

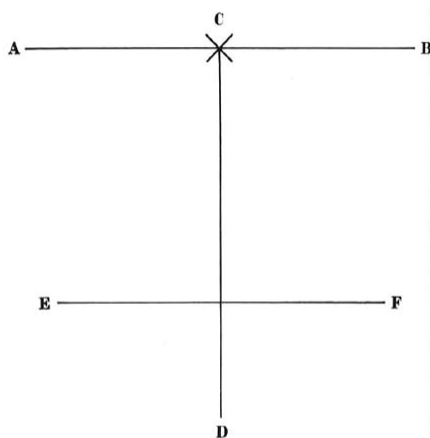
DIAGRAM: 

MOVEMENTS: 39

READY POSTURE: PARALLEL STANCE WITH A HEAVEN HAND

35

DIAGRAM (*Yon Moo Son*)

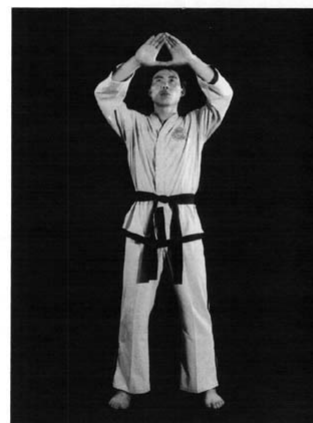


Note: This diagram is reversed to help the student to understand and perform from a clearer angle.

36

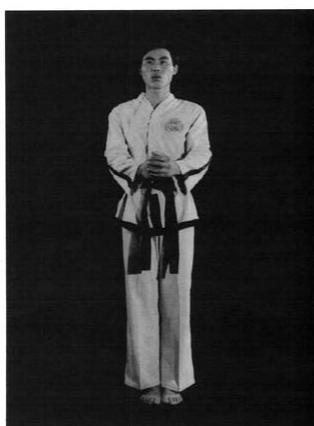
Ready Posture (*Junbi Jase*)

Parallel stance with a heaven hand toward D.



37

1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.



Close ready stance B toward D.



38

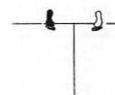
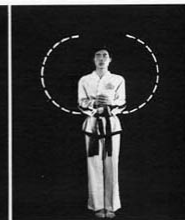
Ready Posture



Pull both hands rapidly to the side, describing a straight line.

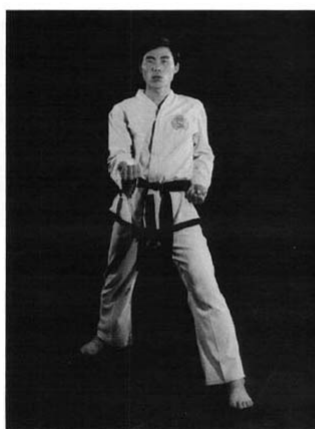


Bring them slowly in front of the navel.



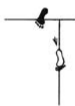
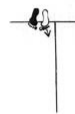
39

2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in a slow motion.



Left walking stance upset punch toward D with the right fist.

Previous Posture



Application



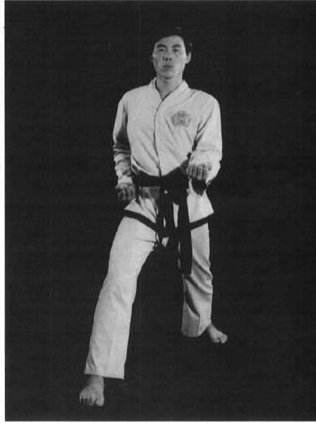
Side View

The fist reaches the target in a circular motion.

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41

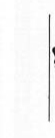
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist.  
Perform in a slow motion.



Right walking stance upset punch toward D with the left fist.



42



The fist reaches the target in a circular motion.



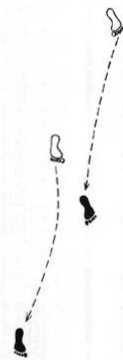
Side View

43

4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm.  
Perform in a double stepping motion.



Right walking stance palm hooking block toward D with the right palm.



Previous Posture



Application



Side View

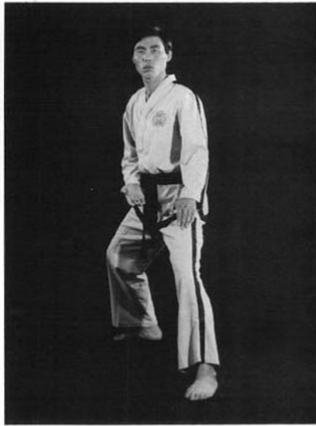
Keep the body half facing D, pivoting the right foot, with the left heel slightly off the ground.

The palm reaches the target in an arc motion.

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45

5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.



Right L-stance knife-hand low guarding block toward D.



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Previous Posture



Application



Side View

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6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.



Left walking stance left palm high hooking block toward D.

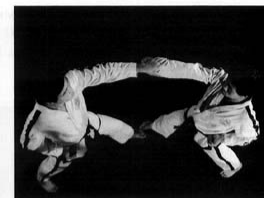


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Application



Top View

Keep the body half-facing D, pivoting the left foot, with the right heel slightly off the ground.

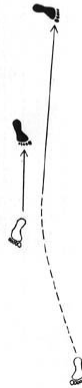
The palm reaches the target in an arc motion.

49

7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.



Left L-stance knife-hand low guarding block toward D.



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Previous Posture



Application



Side View

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8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.



Right rear foot stance knife-hand high guarding block toward D.



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Application



Side View

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- 9 Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.



Left rear foot stance knife-hand high guarding block toward D.

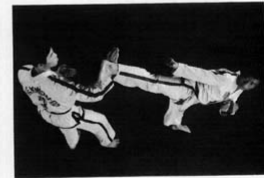


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Previous Posture



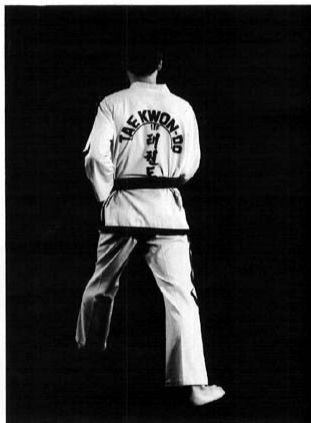
Application



Top View

55

10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.



Left walking stance right palm upward block toward C.



Previous Posture



Side View

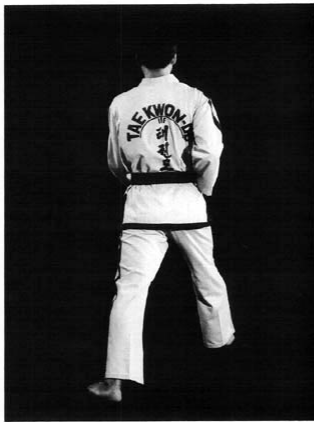


Palm reaches the target in a circular motion.

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57

11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.



Right walking stance left palm upward block toward C.



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Previous Posture



Application



Side View



Other View



Other View

59

12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot, to form a close stance toward C.



Close stance low front block with the right knife-hand toward C.



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Previous Posture



Application



Side View

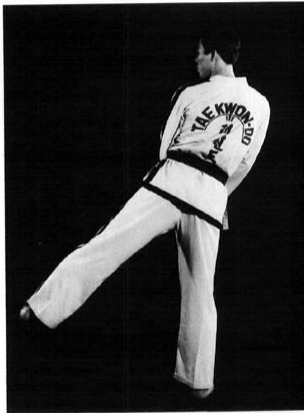


Other View



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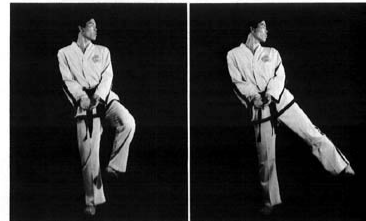
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.



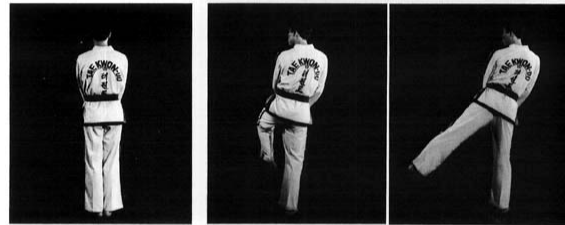
Pressing kick to E with the left foot facing C.

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Other View



Previous Posture



Application



Other View

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14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13.  
Perform 13 and 14 as a consecutive kick.



Middle side piercing kick to E with the left foot facing C.

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Other View



Previous Posture



Application

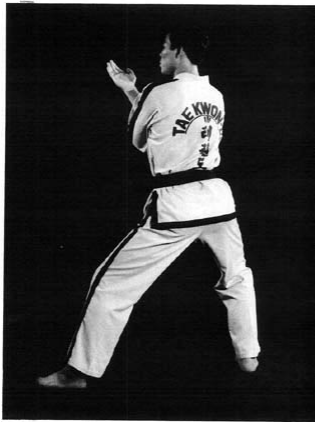


Other View

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15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.



Right L-stance right knife-hand high inward strike toward E.

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Other View



Previous Posture



Application



Top View

67

16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.

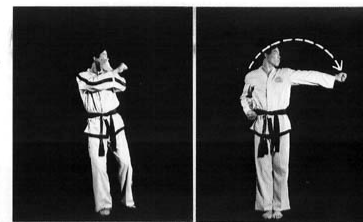


Close stance toward C with a left side fist downward strike to E.

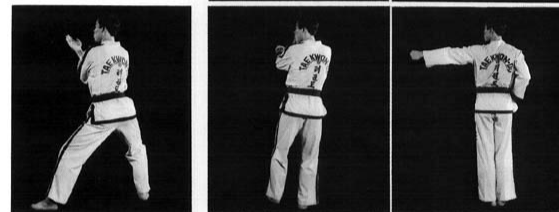


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Other View



Previous Posture



Application



- \* 1. The side fist reaches the target in a circular motion.
- 2. Keep the elbow straight at the moment of impact.

Other View

69

17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.



Pressing kick to F with the right foot facing C.

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Application



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18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17.  
Perform 17 and 18 in a consecutive kick.



Middle side piercing kick to F with the right foot facing C.

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Previous Posture

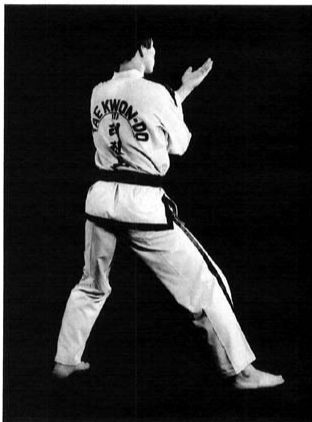


Application



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19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the left knife-hand and bringing the right side fist in front of the left shoulder.

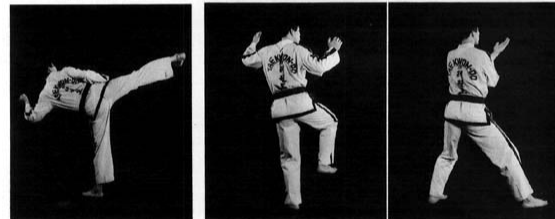


Left L-stance left knife-hand high inward strike toward F.

Other View



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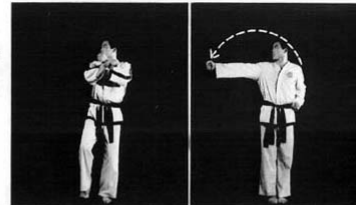
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.



Close stance toward C with a right side fist downward strike to F.



Other View



Previous Posture



Application



- \* 1. The side fist reaches the target in a circular motion.
- 2. Keep the elbow straight at the moment of impact.

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77

21. Move the left foot to C, forming a left low stance toward C while executing a pressing block to C with the right palm.  
Perform in a slow motion.



Left low stance right palm pressing block toward C.



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Application



Side View

Other View



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22. Move the right foot to C, forming a right low stance toward C while executing a pressing block to C with the left palm.  
Perform in a slow motion.



Right low stance left palm pressing block toward C.



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Previous Posture



Application



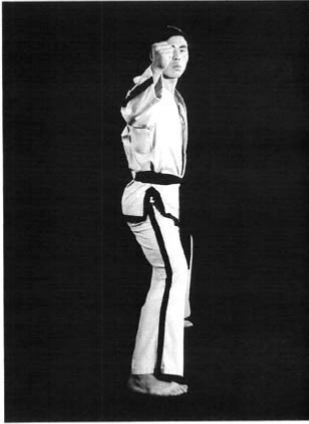
Side View

Other view



81

23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.



Sitting stance toward F with a right back fist high side strike to D.



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Application



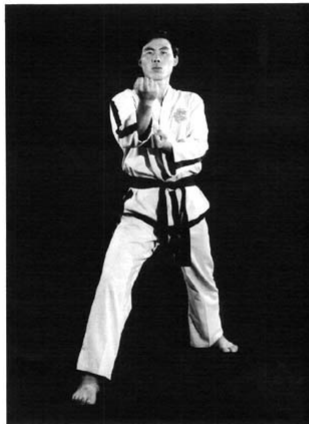
Side View

Side View



83

24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.



Right walking stance right double forearm middle block toward D.



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Application



Side View

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85

25. Execute a low reverse block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.



Right walking stance left forearm  
low reverse block toward D.

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Previous Posture



Application



Side View



The body becomes half-facing  
the opponent.

87

26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in a slow motion.



Right low stance right flat fingertip  
high thrust toward D.

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Application



Side View



Side View



89

27. Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.



Sitting stance toward F with a left back fist high side strike to C.

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Previous Posture



Side View



91

28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.



Left walking stance left double forearm middle block toward C.

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Application



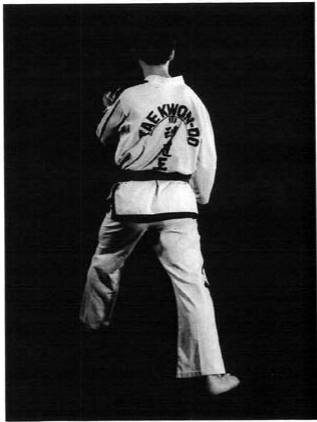
Side View

Top View

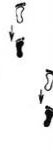


93

29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.



Left walking stance right forearm  
low reverse block toward C.



Previous Posture



The body becomes half-facing.



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30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C. Perform in a slow motion.



Left low stance left flat fingertip  
high thrust toward C.



Previous Posture



Side View

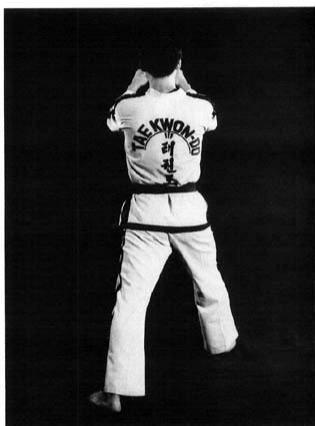


96

97



31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.



Right walking stance twin fist  
high vertical punch toward C.

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Previous Posture

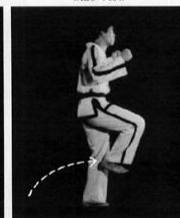


Application



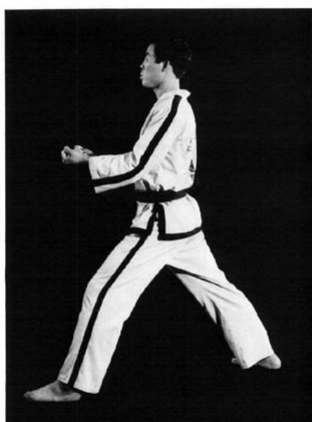
Top View

Side View



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32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.



Left walking stance twin fist  
upset punch toward A.

Previous Posture



The fist reaches the target in a circular motion.



Application

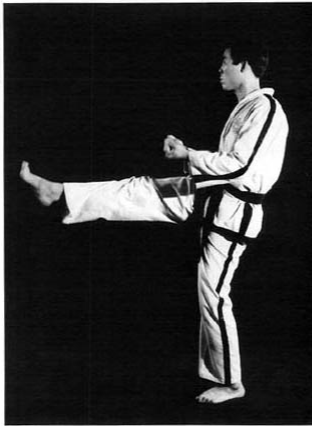


Top View

100

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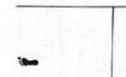
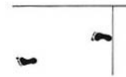
33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.



Middle front snap kick to A with the right foot.

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Previous Posture



Application



103

34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.



Left L-stance knife-hand middle guarding block toward B.



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Previous Posture



Keep the right heel slightly off the ground.



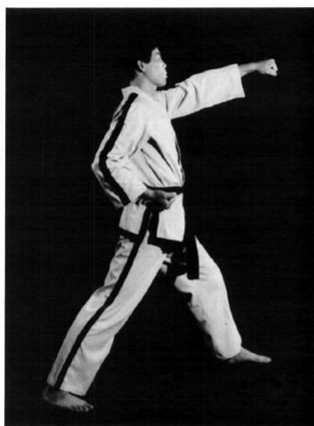
Application



Other View

105

35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.

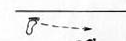


Left walking stance left fist high punch toward B.



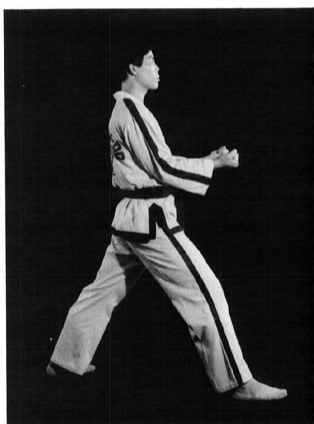
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36. Move the right foot to B in a stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.



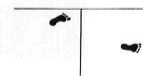
Right walking stance twin fist upset punch toward B.



Front View



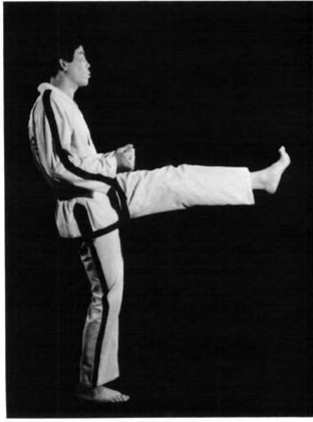
Previous Posture



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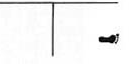
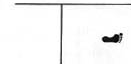
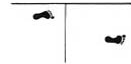
37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.



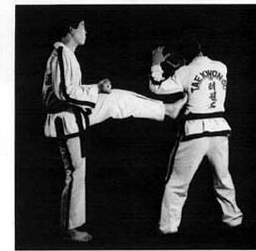
Middle front snap kick to B with the left foot.

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Previous Posture



Application



111

38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.



Right L-stance knife-hand middle guarding block toward A.



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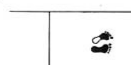
Previous Posture



Keep the left heel slightly off the ground.



Top View



113

39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

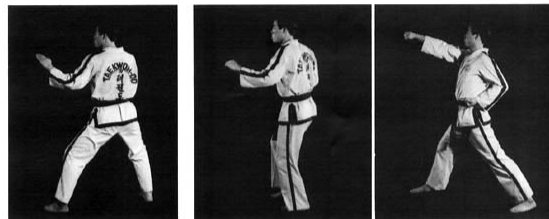


Right walking stance right fist high punch toward A.



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Previous Posture

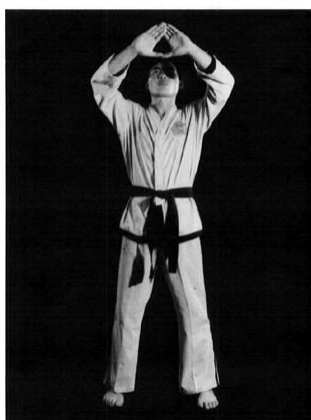


Application



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END: Bring the left foot back to a ready posture.

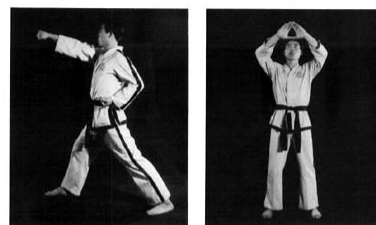


Parallel stance with a heaven hand toward D.



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Previous Posture



Top View



Side View



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