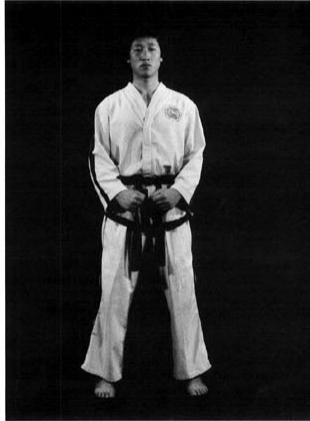


Ge-Baek (Volume11 219 to 310)

(index)

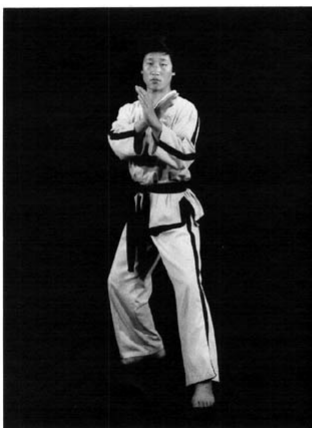
Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



219

1. Move the right foot to C, forming a right L-stance toward D while executing a middle block to D with an X-knife-hand.



Right L-stance middle block with an X-knife-hand toward D.



Ready Posture



Application



Side View

220

221

2. Execute a low twisting kick to D with the right foot, keeping the position of the hands as they were in 1.



Low twisting kick to D with the right foot.

222

Previous Posture



Application



Side View

Side View



223

3. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



Right walking stance middle punch with the right fist toward D.

224

Previous Posture



Application



Side View



Top View



Side View

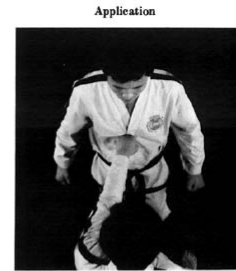
225

4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 3 and 4 in a fast motion.



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

226



Top View



Keep the left heel slightly off the ground.

227

5. Move the right foot to C, forming a left walking stance toward D while executing a rising block to D with the left forearm.



Left walking stance rising block with the left forearm toward D.

228



Top View



229

6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.



Left walking stance low block with the left forearm toward D.

230

Previous Posture



Keep the right heel slightly off the ground.



Application



Side View

231

7. Execute a high block to AD with a double arc-hand while looking through it, maintaining a left walking stance toward D.



Left walking stance toward D with a double arc-hand high block to AD.

232

Previous Posture



Application



Top View



233

8. Turn the face toward D while froming a right bending ready stance A toward D.



Right bending ready stance A toward D.

234

Previous Posture



Application



Side View

Other View



235

9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.



Sitting stance scooping block with the left palm toward AC.

236

Previous Posture



Application



Raising the body

Top View



Raise the body slightly.

237

10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a continuous motion.



Sitting stance middle punch with the right fist toward AC.

238

Previous Posture



Other View



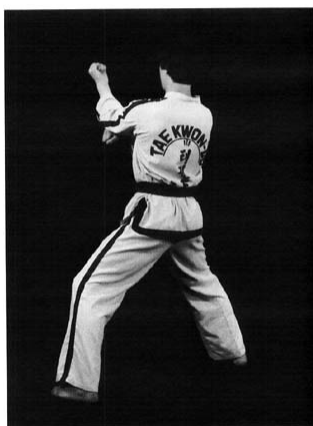
Application



Top View

239

11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.



Sitting stance front strike with the left back fist toward AC.

240

Previous Posture



Application



Side View

Raise the body slightly.

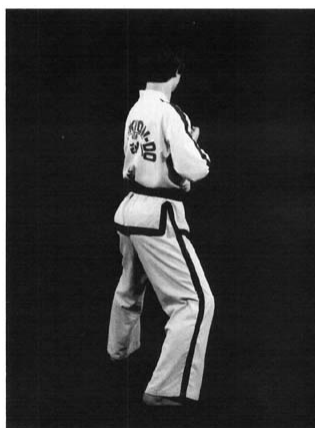


Top View



241

12. Move the right foot on line AB, and then move the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.



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

Previous Posture



242

Application



Other View

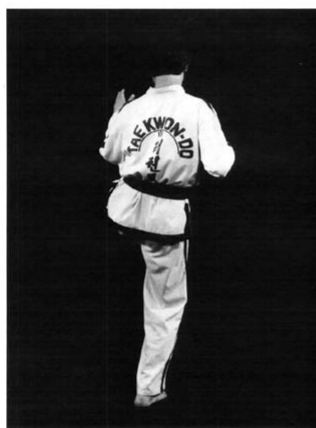


Side View



243

13. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 12.



Low side front snap kick to C with the left foot.



244

Previous Posture



Application

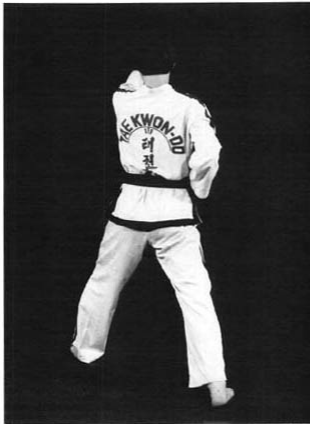


Side View

Side View

245

14. Lower the left foot to C, forming a left low stance toward C while executing a high thrust to C with the left flat fingertip.



Left low stance high thrust with the left flat fingertip toward C.

246

Previous Posture



Application



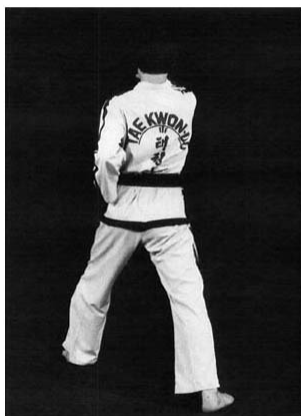
Side View

Other View



247

15. Execute a high thrust to C with the right flat fingertip while maintaining a left low stance toward C.



Left low stance high thrust with the right flat fingertip toward C.

248

Previous Posture



Application



Top View

Side View



Keep the right heel slightly off the ground.



249

16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.



Middle side piercing kick to C with the right foot.

250

17. Lower the right foot to C, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.



Right L-stance middle guarding block with the forearm toward D.

252



Previous Posture



Application

Top View



Side View



251



Previous Posture



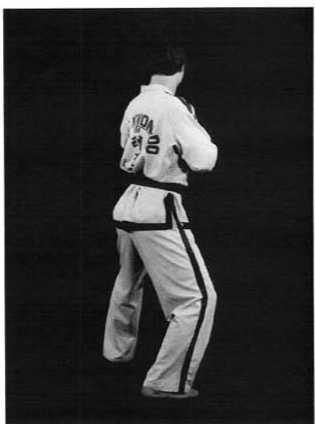
Application

Side View



253

18. Move the right foot to D, turning counter-clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.



Right L-stance middle guarding block with the forearm toward C.



254

Previous Posture



Application



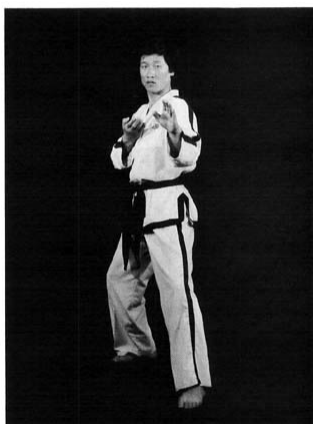
Side View

Side View



255

19. Move the left foot to D, turning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance middle guarding block with a knife-hand toward D.



Previous Posture



Application

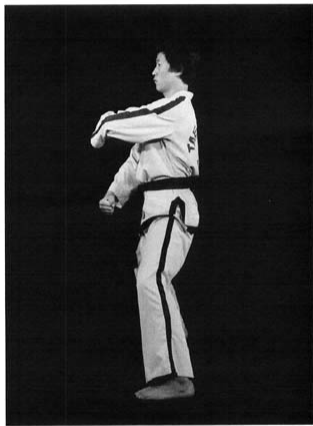


Side View

256

257

20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block to A.



Sitting stance right 9-shape block toward A.



Previous Posture

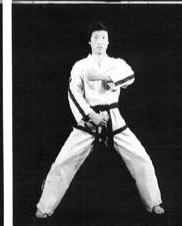


Application



Side View

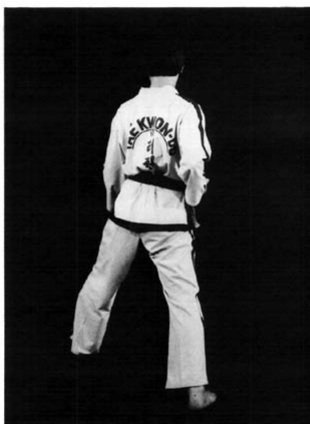
Front View



258

259

21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.



Left walking stance left knife-hand low block toward C.



Previous Posture



Application



Top View

Other View



260

261

22. Execute a middle turning kick to BC with the right foot and then lower it to C.



Middle turning kick to BC with the right foot.

262

23. Execute a flying side piercing kick to C with the right foot.
Perform 22 and 23 in a fast motion.



Middle side piercing kick to C with the right foot.

264

Previous Posture



Application



Top View

Other View



Keep the right heel slightly off the ground.

263

Previous Posture



Application



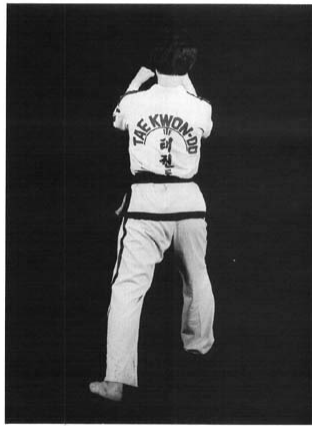
Side View

Side View



265

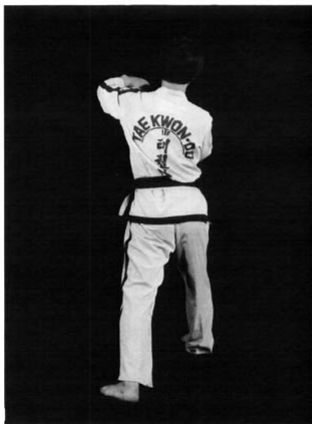
24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.



Right walking stance high vertical punch with a twin fist toward C.

266

25. Execute a high block to AC with a double arc-hand while looking through it, maintaining a right walking stance toward C.



Right walking stance toward C with a double arc-hand block to AC.

268

Previous Posture



Application



Side View

Other View



267

Previous Posture



Application



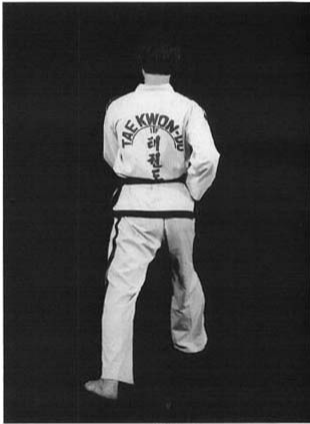
Top View

Other View



269

26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.



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

270

Previous Posture



Application



Side View

Keep the left heel slightly off the ground.

Other View



271

27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.



Left walking stance right front elbow strike toward D.

272

Previous Posture



Application



Side View

Application



Top View

273

28. Jump to D, forming a right X-stance toward BD while executing a high block to D with the right double forearm.



Right X-stance toward BD with a right double forearm block to D.



Previous Posture



Application

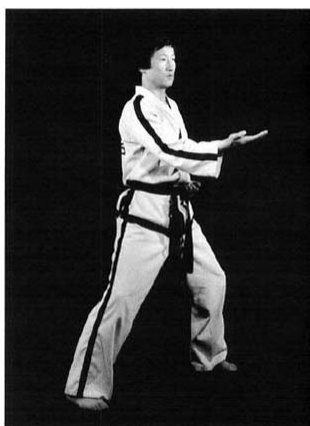


Side View

274

275

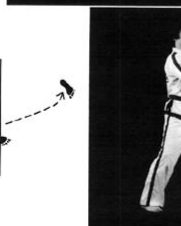
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.



Sitting stance scooping block with the right palm toward BD.



Previous Posture



Application



276

277

30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a continuous motion.



Sitting stance middle punch with the left fist toward BD.

278

Previous Posture



Raise the body slightly.

Application



Top View

279

31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.



Sitting stance front strike with the right back fist toward BD.

280

Previous posture



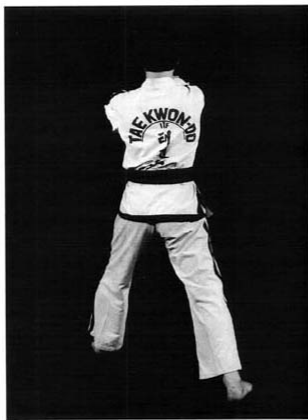
Raise the body slightly.

Application



281

32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.



Left walking stance high front strike with the right reverse knife-hand toward C.



282

Previous Posture



Application



Side View



Other View



283

33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.



Middle turning kick to C with the right foot.



Previous Posture



Application



Top View



Other View



284

285

34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.



Left walking stance high vertical punch with a twin fist toward D.



286

Previous Posture



Application



Top View

Keep the right heel slightly off the ground.

Side View



287

35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side fist in front of the right shoulder while forming a right L-stance toward D, pulling the left foot.



Right L-stance middle punch with the middle knuckle fist toward D.



Previous Posture



Application



Top View

Side View



288

289

36. Move the right foot to D to form a sitting stance toward B, at the same time executing a left 9-shape block toward B.



Sitting stance left 9-shape block toward B.

290

Previous Posture



Application

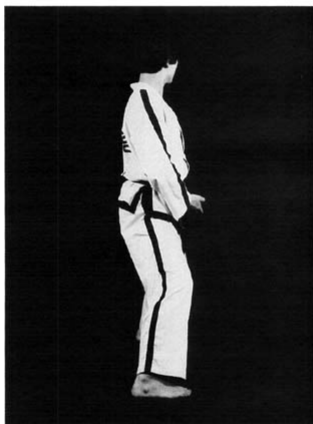


Front View



291

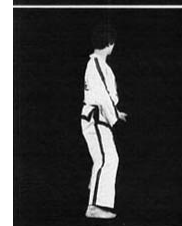
37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.



Sitting stance toward B with a reverse knife-hand low guarding block to C.

292

Previous Posture



Application



Side View

Keep both palms faced downward while raising the body slightly at the start of blocking.

Front View



293

38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.



Sitting stance toward B with a knife-hand low guarding block to D.

294

Previous Posture



Raise the body slightly.



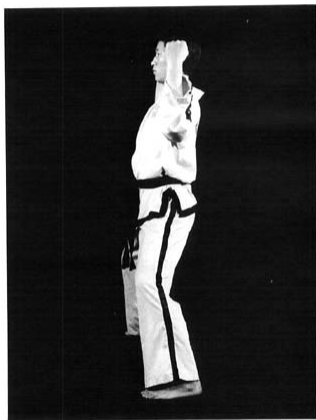
Application



Front View

295

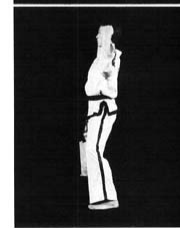
39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block to D with the outer forearm.



Sitting stance toward A with an outer forearm W-shape block to D.

296

Previous Posture



Application



Front View

297

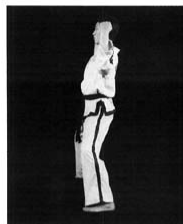
40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block to C with the outer forearm.



Sitting stance toward B with an outer forearm W-shape block to C.



Previous Posture



Application

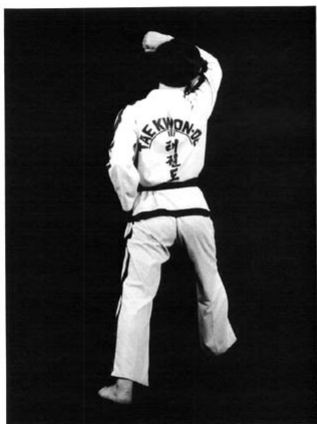


Side View

298

299

41. Move the right foot to C forming a right walking stance toward C while executing a rising block to C with the right forearm.



Right walking stance rising block with the right forearm toward C.



Previous Posture



Application



Side View

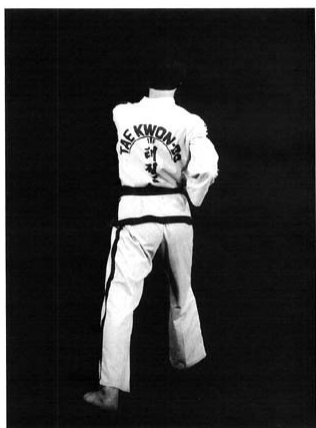
Other View



300

301

42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.



Right walking stance middle punch with the left fist toward C.

302

Previous Posture



Application



Side View

Keep the left heel slightly off the ground.



Other View

303

43. Move the right foot on line CD, forming a left walking stance toward D while executing a rising block to D with the left forearm.



Left walking stance rising block with the left forearm toward D.

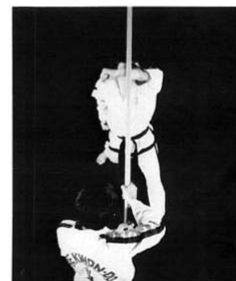
304

Previous Posture



Keep the heel slightly off the ground.

Application



Top View

305

44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.



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

306



Previous Posture

Keep the right heel slightly off the ground.



Side View



Top View



Application

307

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



Parallel ready stance toward D.

308



Previous Posture



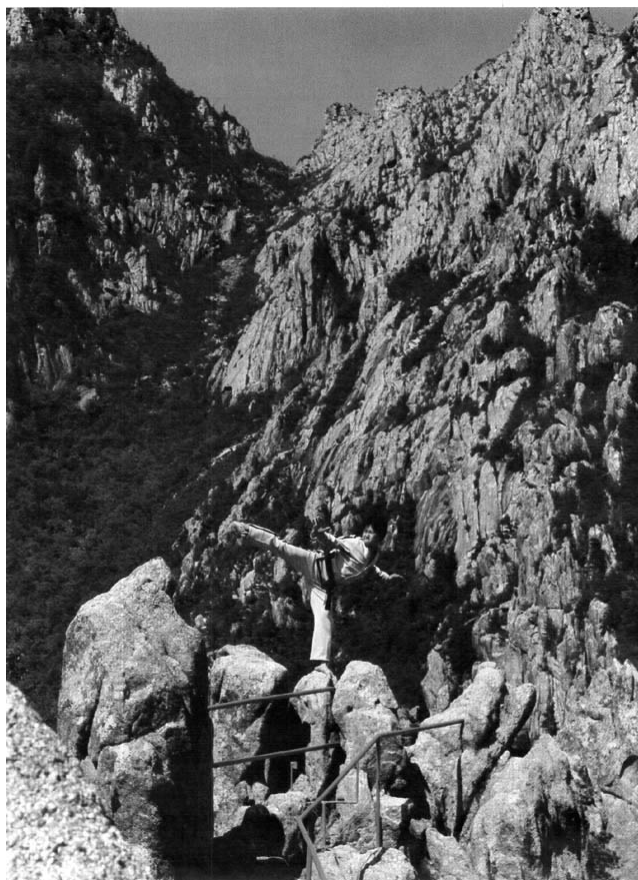
Side View



Back View



309



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