

# GE-BAEK

Number of Movements: 44

## Meaning of Ge-Baek:

GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline

**Starting Position:** Parallel ready stance

	Technique	Height	Stance	Direction
1.	Step back with right foot, side X knife-hand checking block	Mid	L	Back
2.	Twisting kick with the right foot, keeping position of hands	Low	---	Forward
3+4.	Lower right foot, right punch left punch. <b>Fast</b>	Mid	W	---
5+6.	Step back with right foot, rising block with left arm, then low block with same arm, twisting the hips. <b>Continuous</b>	High Low	W	Back
7.	Double arc-hand block, to right 45 degrees. Look through hands.	High	---	Right 45 deg.
8.	Face forward bring left foot to inside right knee, fore-arm guarding block to front	Mid	BRS	Front
9.	Turn right 135 degrees, lower the left foot. Scooping block with the left palm	Mid	S	Right 135 deg.
10.	Right punch in a <b>continuous movement</b>	Mid	---	---
11.	Bring the left fist back, leaving right arm extended then strike forward with left back-fist bringing right fist under left elbow	High	---	---
12.	Pull back right foot and step off with left, knife-hand guarding block to the back	Mid	L	Right 45 deg.
13.	Front snap kick with left foot, keeping position of hands	Low	---	---
14.	Lower left foot, flat finger-tip thrust with left hand	High	Low	---
15.	Flat finger-tip thrust with right hand	High	---	---
16.	Side piercing kick with right foot, pulling hands in opposite direction	Mid	---	---

17.	Lowering right foot, turn left to face front forearm guarding block	Mid	L	Left 180 deg.
18.	Pivot on left foot, step forward with right, turning into forearm guarding block	Mid	L	Left 180 deg.
19.	Pivot on right foot, step back with left, turning into knife-hand guarding block	Mid	L	Left 180 deg.
20.	Move left foot to form sitting stance, 9 shaped block	---	S	Left 90 deg.
21.	Move the right foot around to the left, low knife-hand block with the left hand	Low	W	Left 135 deg
22.	Turning kick with right foot, lowering it straight in front	Mid	---	Forward 45 deg.
23.	Flying side piercing kick with the right foot. <b>22+23 Fast and Continuous</b>	Mid	---	Forward
24.	Twin fist	High	W	Front
25.	Double arc-hand, looking through it	High	---	Left 45 deg.
26.	Left fist, upset punch	Mid	---	Front
27.	Move the right foot, strike the left palm with a right front front elbow strike	High	W	Left 180deg.
28.	Jump forward, right double forearm block, land facing 45deg. left	High	X	Forward
29.	Move the left foot into sitting stance, scooping block with the right palm	Mid	S	---
30.	Left punch. <b>29+30 in a continuous movement</b>	Mid	---	---
31.	Bring the right fist back leaving the left arm extended, then strike forwards with a back-fist bringing the left fist under the right elbow	High	---	---
32.	Move the left foot, right hand, front reverse knife-hand strike (ridge-hand), left hand palm down protecting the elbow	High	W	Left 135deg
33.	Move the left foot out one shoulder width to left, right foot turning kick	Mid	---	Front
34.	Lower right foot and pivoting on it, turn left, twin fist	High	W	Left 180deg

35.	Shift left leg to form L-stance, right middle knuckle strike (left fist to right shoulder)	Mid	L	Front
36.	Move the right foot forward, 9 shaped block	Low/Mid	S	Left 90 deg.
37.	Low reverse knife-hand block to left	Low	S	---
38.	Low knife-hand to right. <b>37+38 continuous movement</b>	Low	S	---
39.	Raise the left foot and turning right, W-shaped block <b>Stamping</b>	High	S	Right 180deg
40.	Raise the left foot and turning right, W-shaped block <b>Stamping</b>	High	S	Right 180deg
41.	Move the right foot left and forward, right hand rising block	High	W	Left 90 deg.
42.	Left fist, reverse punch	Mid	W	---
43.	Move the right foot to the left and turn, left hand rising block	High	W	Left 180deg
44.	Right fist, reverse punch	Mid	W	---

**END:** Bring the right foot back to ready stance.