

Kwang-Gae (39 MOVEMENTS)

Kwang-Gae is named after the famous Kwang-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 the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

Begin: Parallel Stance with a heaven hand(Heavenly Stance)

	Technique	Section	Stance	Direction
1.	Bring left foot to right, hands circular motion		CRS B	
2.	Step with left foot, upset punch right fist.	Mid	W	Forward SLOW
3.	Step with right foot, upset punch left fist	Mid	W	Forward SLOW
4.	Move the left foot along side the right and then step with right. Right hooking block	High	W	Forward
5.	Step back with the right foot, knife-hand guarding block to the front	Low	L	Backward
6.	Move the right foot along side the left and then step with left. Left hooking block	High	W	Forward
7.	Step back with the left foot, knife-hand guarding block to the front	Low	L	Backward
8.	Left foot forward, knife-hand guarding block	High	RFS	Forward
9.	Right foot forward, knife-hand guarding block	High	RFS	Forward
10.	Move the left foot along side the right, pivot on left counter-clockwise and slide the right back. Right palm upward block. SLOW	Mid	W	Right 180deg.
11.	Step forward with right foot, left palm upward block. SLOW	Mid	W	Forward
12.	Bring the left foot to the right, right knife-hand block into the left palm in a circular motion	Low	CS	
13.	Left side pressing kick. Hands as 12.	Low		Left 90deg.
14.	Without dropping leg, left side piercing kick.	Middle		-----
15.	Lower the leg, execute right inward knife-hand strike	High	L	-----

	Technique	Section	Stance	Direction
16.	Bring left foot to right, downward strike with the left fist		CS	-----
17.	Right side pressing kick. Hands as 16.	Low		Right 180deg.
18.	Without dropping leg, right side piercing kick	Middle		-----
19.	Lower the leg, execute a left inward knife-hand strike	High	L	-----
20.	Bring right foot to left, downward strike with the right fist		CS	-----
21.	Step forward with the left foot, right palm pressing block downwards. SLOW	Low	LOW	Forward
22.	Step forward with the right leg, left palm pressing block downwards. SLOW	Low	LOW	Forward
23.	Move right foot backwards. STAMPING Right back fist	High	S	Right 90deg.
24.	Move the right foot across, right double forearm block	Mid	W	Right 90deg.
25.	Left low block, right arm holds position	Low	---	Slide back
26.	Slide right foot forward, right flat-fingertip thrust. SLOW	High	LOW	Forward
27.	Move left foot. STAMPING Left back fist	High	S	Left 90deg.
28.	Move the left foot across, left double forearm block	Mid	W	Left 90deg.
29.	Right low block, left arm holds position	Low	---	Slide back
30.	Slide left foot forward, left flat-fingertip thrust. SLOW	High	LOW	Forward
31.	Step forward with right leg. STAMPING Twin fist	High	W	Forward
32.	Step left with left leg. STAMPING Twin upset punch	Mid	W	Left 90deg.
33.	Right front snap kick, hold arms as 32	Mid	---	Forward

	Technique	Section	Stance	Direction
34.	Drop the right foot alongside left and pivot on it clockwise, slide the left back. Left knife-hand guarding block	Mid	L	Right 180deg.
35.	Step forward left foot, obverse punch	High	W	Forward
36.	Step Forward right foot. STAMPING Twin upset punch	Mid	W	Forward
37.	Left front snap kick, hold arms as 36	Mid	---	Forward
38.	Drop the left foot alongside the right and pivot on it counter clockwise, slide the right back. Right knife-hand guarding block	Mid	L	Left 180deg.
39.	Step forward right foot, obverse punch	High	W	Forward

END: Bring left foot to parallel stance with a heaven hand (Heavenly Stance)