

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.



GAE-BAEK

Movements - 44
Ready Posture -
PARALLEL READY STANCE



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



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



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.

INTERNATIONAL TAEKWON-DO FEDERATION



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.



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



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.



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

INTERNATIONAL TAEKWON-DO FEDERATION



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



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.



10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC.

Perform 9 and 10 in a connecting motion.



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

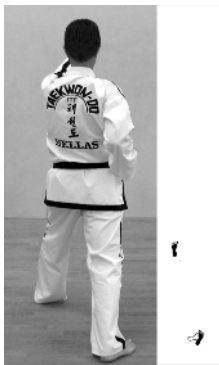


12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.

INTERNATIONAL TAEKWON-DO FEDERATION



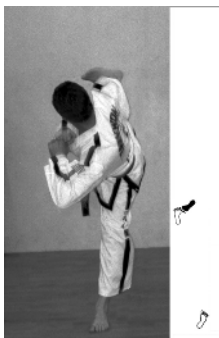
- 13.** Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.



- 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 finger tip.

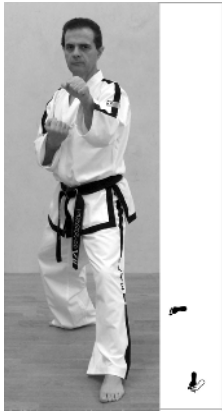


- 15.** Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C.



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

INTERNATIONAL TAEKWON-DO FEDERATION



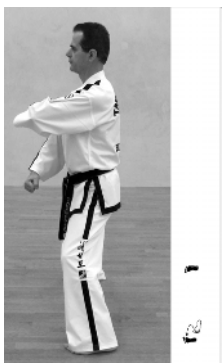
- 17.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.



- 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.

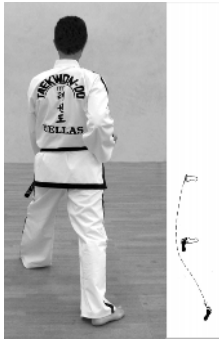


- 19.** Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



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

INTERNATIONAL TAEKWON-DO FEDERATION



- 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.

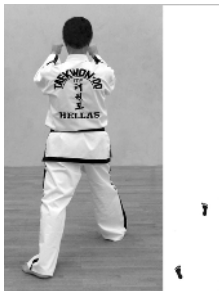


- 22.** Execute a middle turning kick to BC with the right foot and then lower it to C.



- 23.** Execute a flying side piercing kick to C with the right foot.

Perform 22 and 23 in a fast motion.



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



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

INTERNATIONAL TAEKWON-DO FEDERATION



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



- 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.



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



- 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.



- 30.** Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD.

Perform 29 and 30 in a connecting motion

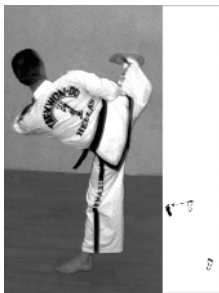
INTERNATIONAL TAEKWON-DO FEDERATION



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



- 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.



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

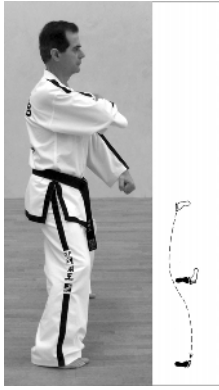


- 34.** Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.

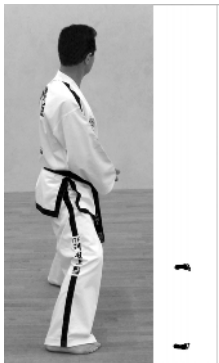


- 35.** Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.

INTERNATIONAL TAEKWON-DO FEDERATION



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



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



- 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



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

INTERNATIONAL TAEKWON-DO FEDERATION



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



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



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

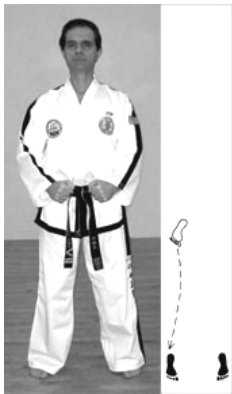


- 43.** Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.

INTERNATIONAL TAEKWON-DO FEDERATION



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



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