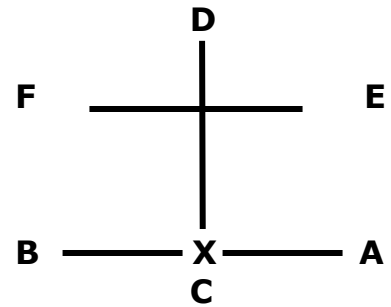


KWANG-GAE: 1<sup>ST</sup> DEGREE BLACK BELT FORM

NEW BLOCKS: Reverse Circular Upset Palm Block  
NEW STRIKES: Reverse Upset Punch, Circular Upset  
Knifehand Strike

READY STANCE: Parallel Stance With Heaven Hand



1. Pull hands apart quickly. Hands move in slow circular motion and left foot moves to right foot slow into closed ready stance B. **KIHAP**
2. Left foot steps to D into left front stance, right reverse upset punch (slow) to mid section.
3. Right foot steps to D into right front stance, left reverse upset punch (slow) to mid section.

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4. Left foot steps to right foot. Right foot steps to D into right front stance, right hooking block to high section.
5. Right foot steps back to C into right back stance to D, left double knifehand block to low section.
6. Right foot steps to left foot. Left foot steps to D into left front stance, left hooking block to high section.
7. Left foot steps back to C into left back stance to D, right double knifehand block to low section.

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8. Left foot steps to D into right rear stance, left double knifehand block.
9. Right foot steps to D into left rear stance, right double knifehand block.

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10. Left foot steps to right foot. Right foot steps counter clockwise 180 degrees to D into left front stance facing C, right reverse circular upset palm block (slow) to mid section.
11. Right foot steps to C into right front stance, left reverse circular upset palm block (slow) to mid section.
12. Left foot steps to right foot into closed stance, right circular upset knifehand strike to left palm to low section.

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13. Left #1 side kick to E to low section.
14. In continuous motion, left side kick.
15. Step down to E into right back stance, right reverse upset knifehand strike to high section. At the same time, left fist pulls to the right shoulder (palm in).
16. Left foot steps to right foot, left downward hammerfist strike to shoulder level.

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17. Right #1 side kick to F to low section.
18. In continuous motion, right side kick.
19. Steps down to F into left back stance, left reverse upset knifehand strike to high section.  
At the same time, right fist pulls to the left shoulder (palm in).
20. Right foot steps to left foot, right downward hammerfist strike to shoulder level.

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21. Left foot steps to C into left front stance, left double palm pressing block (slow).
22. Right foot steps to C into right front stance, right double palm pressing block (slow).

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23. Right foot steps to D (facing F) in stomping motion into middle stance, right backfist to D to high section. **KIHAP**
24. Right foot steps to line CD into right front stance to D, right double inner forearm block.
25. Shift front stance back one foot length, right inner high/low block.
26. No step. Right horizontal spearhand (slow) to high section.

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27. Left foot steps to C (facing F) in stomping motion into middle stance, left backfist to C to high section. **KIHAP**
28. Right foot steps to line CD into left front stance to C, left double inner forearm block.
29. Shift front stance back one foot length, left inner high/low block.
30. No step. Left horizontal spearhand (slow) to high section.
31. Right foot steps to C into right front stance, twin vertical punch to high section.

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32. Left foot steps to A in stomping motion into left front stance, twin upset punch to mid section.
33. Right #2 front kick.
34. Step down to left foot. Left foot steps to A turning clockwise to B into left back stance, right double knifehand block.
35. Left foot steps to B into left front stance, left punch to mid section.

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36. Right foot steps to B in stomping motion into right front stance, twin upset punch to mid section.
37. Left #2 front kick.
38. Step down to right foot. Right foot steps to B turning counter clockwise to A into right back stance, left double knifehand block.
39. Right foot steps to A into right front stance, right punch to mid section.

END: Left foot steps back to ready stance.