



West Coast Taekwondo

Gary & Lynn Williams, Owner/Senior Instructors — 714.505.3220

1st Degree Senior Black Belt Pattern GE-BAEK (44 movements)

Ge-Baek is named after Ge-Baek, a great General in the Baek Je Dynasty (660 A.D.). The Diagram represents his severe and strict military discipline.

	Ready Stance A	
1	Left Knifehand X-Block Middle (Yell)	Left Back Stance
2	Right #2 Twist Kick	
3	Right Punch Middle	Right Front Stance
4	Left Reverse Punch Middle	Right Front Stance
5	Left High Block	Left Front Stance
6	Left Low Block (One arm only)	Left Front Stance
7	Twin Horizontal Pressing Arc Hands High (Medium)	Left Front Stance
8	Left Double Fist Block	Right One Leg Stance
9	Left Palm Heel Upset Strike Middle	Sitting Stance
10	Right Punch Middle	Sitting Stance
11	Left Backfist High (Right fist under left elbow)	Sitting Stance
12	Left Double Knifehand Block	Left Back Stance
13	Left #1 Front Kick	
14	Left Spearhand High	Left Front Stance
15	Right Reverse Spearhand High	Left Front Stance
16	Right #2 Side Kick	
17	Left Double Fist Block	Left Back Stance
18	Left Double Fist Block	Left Back Stance
19	Left Double Knifehand Block	Left Back Stance
20	Right 9 Block	Sitting Stance
21	Left Knifehand Low Block	Left Front Stance
22	Right #2 Round Kick	
23	Right Hop Side Kick (Yell)	
24	Twin High Punch	Right Front Stance
25	Twin Horizontal Pressing Arc Hands High (Medium)	Right Front Stance
26	Left Reverse Upset Punch Middle	Right Front Stance
27	Right Reverse Elbow Strike (To left palm)	Left Front Stance (right foot moves)
28	Right Double Inner Forearm Block	X-Stance (right leg in front)
29	Right Palm Heel Upset Strike High	Sitting Stance
30	Left Punch Middle	Sitting Stance
31	Right Backfist High (Left fist under right elbow)	Sitting Stance
32	Right Reverse Ridgehand Strike High	Left Front Stance (left foot moves)
33	Right #2 Round Kick	
34	Twin Punch High	Left Front Stance
35	Right Reverse Upset Punch High (Yell)	Left Back Stance
36	Left 9 Block	Sitting Stance
37	Left Circular Double Ridgehand Block Low	Sitting Stance
38	Right Circular Double Knifehand Block Low	Sitting Stance
39	Left Leg Stretch/ Twin Inner Forearm Block	Sitting Stance
40	Left Leg Stretch/ Twin Inner Forearm Block	Sitting Stance
41	Right High Block	Right Front Stance
42	Left Reverse Punch Middle	Right Front Stance
43	Left High Block	Left Front Stance (left foot moves)
44	Right Reverse Punch Middle	Left Front Stance