



West Coast Taekwondo

Gary & Lynn Williams, Owner/Senior Instructors — 714.505.3220

1st Degree Recommended Black Belt Pattern GWANG-GAE (42 movements)

Named after the famous Gwang-Gae-T'o-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.

	Ready Stance D	
1	Twin Knifehand Strikes (Yell)	Right One Leg Stance
2	Ready Stance B	
3	Right Reverse Upset Punch Middle (Medium)	Left Front Stance
4	Left Reverse Upset Punch Middle (Medium)	Right Front Stance
5	Right Hooking Block (Step directly in front of right foot)	Right Front Stance
6	Left Double Knifehand Block Low	Left Back Stance
7	Left Hooking Block (Step directly in front of left foot)	Left Front Stance
8	Right Double Knifehand Block Low	Right Back Stance
9	Left Double Knifehand Block	Left Cat Stance
10	Right Double Knifehand Block	Right Cat Stance
11	Right Reverse Palm Heel Upset Strike High (Medium)	Left Front Stance
12	Left Reverse Palm Heel Upset Strike High (Medium)	Right Front Stance
13	Right Knifehand Strike Low (To Left Palm)	Closed Stance
14	Left #1 Side Kick Low	
15	Left #1 Side Kick High	
16	Right Reverse Outside Knifehand Strike High	Left Back Stance
17	Left Hammerfist High	Closed Stance
18	Right #1 Side Kick Low	
19	Right #1 Side Kick High	
20	Left Reverse Outside Knifehand Strike High	Right Back Stance
21	Right Hammerfist High	Closed Stance
22	Right Reverse Pressing Block Low (Medium)	Left Front Stance
23	Left Reverse Pressing Block Low (Medium)	Right Front Stance
24	Right Outside Crescent Kick	
25	Right Backfist High (Yell)	Sitting Stance
26	Right Double Inner Forearm Block	Right Front Stance
27	Right Inner Forearm Block / Left Reverse Low Block	Right Front Stance
28	Right Horizontal Spearhand High (Medium)	Right Extended Front Stance
29	Left Outside Crescent Kick	
30	Left Backfist High (Yell)	Sitting Stance
31	Left Double Inner Forearm Block	Left Front Stance
32	Left Inner Forearm Block / Right Reverse Low Block	Left Front Stance
33	Left Horizontal Spearhand High (Medium)	Left Extended Front Stance
34	Twin Punch High	Right Front Stance
35	Twin Upset Punch Middle	Left Front Stance
36	Right #2 Front Kick	
37	Right Double Knifehand Block	Right Back Stance
38	Left Punch High	Left Front Stance
39	Twin Upset Punch Middle	Right Front Stance
40	Left #2 Front Kick	
41	Left Double Knifehand Block	Left Back Stance
42	Right Punch High	Right Front Stance