



# West Coast Taekwondo

Gary & Lynn Williams, Owner/Senior Instructors — 714.505.3220

## 1st Degree Probationary 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.

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|----|--|----------------------|
|    | 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        |