

GWANG - GAE HYUNG

1st Dan Pattern #1

39 movements



This pattern is named after the famous Gwang-Gae-Toh-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. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

#	+	Move	Stance	Action
	N	On "Junbi"	Open ready stance ¹	Raise both hands above and just in front of the head, forming a triangle with the index fingers and thumbs. Fingers are straight and together
1	N	L foot to R foot	Closed ready stance B	Separate hands, quickly moving forearms to vertical ² . Continue tracing a circle downward with the hands, slowly and under pressure, until they meet at the abdomen
2	N	Step forward	L front stance	R upset punch ³
3	N	Step forward	R front stance	L upset punch
4	N	L foot to R foot, then R foot forward to	R front stance	R knife hand hooking block
5	N	Step back	R back stance	Lower-section knife hand guarding block
6	N	R foot to L foot, then L foot forward to	L front stance	L knife hand hooking block
7	N	Step back	L back stance	Lower-section knife hand guarding block
8	N	Step forward	R cat stance ⁴	Knife hand guarding block
9	N	Step forward	L cat stance	Knife hand guarding block
10	S	L foot past R foot, then R foot to N (turn 180° CC)	L front stance	R upward palm pressing block, under pressure

¹ This open ready stance is known as the "look to heaven". Look through the triangle formed by the raised hands.

² The movement of the left foot should finish at the same time as the forearms come to vertical position.

³ Upset punch begins with the fist chambered at the lowest rib, palm facing downward. The fist extends forward and slightly upward to solar-plexus- height, rotating to palm-up position. The elbow does not extend beyond the ribs.

⁴ Cat stance is similar to L-stance, except that the lead heel is raised.

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#	+	Move	Stance	Action
11	S	Step forward	R front stance	L upward palm pressing block, under pressure
12	S	L foot to R foot	Feet together	Raise hands to the initial open ready stance position, then quickly separate hands, tracing a circle downward to the abdomen. R knife hand strike into L palm
13	E	Look to E (body remains facing S)		L lower-section side kick (to E), <i>followed quickly by</i>
14	E			L upper-section side kick
15	E	Drop L foot to	R back stance	R inverted knife-hand strike
16	E	Pull L foot to R foot	L-stance	L downward hammer fist ⁵
17	W	Turn L foot to face S (90° C). Look to W	Feet together	R lower-section side kick (to W), <i>followed quickly by</i>
18	W			R upper-section side kick
19	W	Drop R foot to	L back stance	L inverted knife-hand strike
20	W	Pull R foot to L foot	L-stance	R downward hammer fist
21	S	L foot to S	L front stance	Scissor palm pressing block (under pressure)
22	S	Step forward	R front stance	Scissor palm pressing block (under pressure)
23	N	Step R foot around (180° C)	L back stance	R back fist
24	N	Shift R foot	R front stance	R reinforced block
25	N	Spring backward ⁶		L lower-section block
26	N			R spear-hand strike (under pressure)
27	S	Step L foot across	R back stance	L back fist
28	S		L front stance	L reinforced block
29	S			R lower-section block

⁵ Finish at the height of the nose-bridge.

⁶ This movement, of about 20 cm, should be executed as a slide, but with both feet moving at the same time.

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#	+	Move	Stance	Action
30	S			L spear-hand strike (under pressure)
31	S	Step forward	R front stance	Twin upper-section punch STAMP
32	E	L foot to R foot, then L foot to E	L front stance	Twin upset punch STAMP
33	E	Step forward		R front kick
34	W	Step down with R foot (to E), step through with L foot (to E), then turn 180° C	L back stance	Knife-hand guarding block
35	W	Step forward	L front stance	L upper-section lunge punch
36	W	Step forward	R front stance	Twin upset punch STAMP
37	W	Step forward		L front kick
38	E	Step down with L foot (to W), step through with R foot (to W), then turn 180° CC	R back stance	Knife-hand guarding block
39	E	Step forward	R front stance	R upper-section lunge punch KIUP
	N	On “Keuman” bring R foot to L foot	Closed ready stance B	
	N	On “Shiut” shift L foot to	Open ready stance	Raise hands to the initial open ready stance position.