

GE-BAEK HYUNG

1st Dan Pattern #3

44 movements



This pattern is named after a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	N	R foot steps back	R back stance	Upper-section knife-hand X-block
2	N	Step forward		R mid-section twisting kick ¹ <i>followed quickly by</i>
3	N		R front stance	R lunge punch <i>followed quickly by</i>
4	N			L reverse punch
5	N	Step back	L front stance	L upper-section block <i>followed quickly by</i>
6	N			L lower-section block
7	NE			Double arc-hand block ²
8	E	Pull L foot up to	R crane stance	Chamber fists at R hip
9	SE	L foot steps down to NE	Horse-riding stance	L pressing block <i>followed quickly by</i>
10	SE			R upper-section punch
11	SE			L double back-fist strike ³
12	S	R foot to W (feet line up E-W), then L foot to S	L back stance	Knife-hand guarding block
13	S			L snapping front kick ⁴

¹ Twisting kick has a similar chambered position to front kick, except that, as the foot is drawn up, it is swung inward (in front of the standing leg). As the leg extends, the foot moves forward and outward, with as much lateral movement as possible, striking with the ball of the foot. The kick thus serves the same purpose as a turning kick, but has an inverse trajectory.

² Chamber the hands at the left hip, forming a triangle as per Pole Block. Keeping the thumb - and finger-tips together, bring both forearms up and around in an arc. At the end of the movement, the lead (in this case L) forearm is vertical and the rear (in this case R) forearm is horizontal. Look through the triangle throughout the movement.

³ Leaving the R arm extended, chamber the L fist, palm down, over the R elbow. Back-fist to N, at the height of the nose-bridge, keeping the forearm vertical. For the second strike, bend the R arm 90° in front of the chest, with the forearm horizontal. Chamber the L elbow over the R fist and roll the forearm downward, striking to SE).

⁴ Keep hands in knife-hand guarding block.

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#	+	Move	Stance	Action
14	S	Step down to	L front stance	L horizontal spear-hand strike (upper-section) <i>followed quickly by</i>
15	S			R horizontal spear-hand strike (upper-section)
16	S	Step forward		R mid-section side kick with grab ⁵
17	N	Step R foot down (feet together), then L foot to N	R back stance	Outer-forearm guarding block
18	S	R foot to N (turn 180° CC)	R back stance	Outer-forearm guarding block
19	N	L foot to N (turn 180° CC)	R back stance	Knife-hand guarding block
20	E	Shift L foot and turn 90° C)	Horse-riding stance	R 9-shaped block ⁶
21	S	R foot to N (turn 270° CC)	L front stance	L lower-section knife-hand block
22	S	Step forward		R mid-section turning kick <i>followed quickly by</i>
23	S	R foot steps down to S, then L foot to R foot	Feet together	R mid-section side kick <i>followed quickly by</i>
24	S	R foot steps down to S	R front stance	Twin upper-section punch
25	SE			Double arc-hand block ⁷
26	S			L upset punch
27	N	L foot steps across	L front stance	R elbow strike into L palm
28	N	R foot steps N, then L foot steps N behind R foot	R Crossed stance	R reinforced block

⁵ L hand reaches out to join extended R hand. Pull both fists to waist as the kick extends.

⁶ Drop the lead (in this case R) fist in front of the R hip and raise the rear (L) fist to shoulder-height. From this chambered position, the lead fist travels up the body, passing inside the rear arm and finishing at chest-height. The rear fist drops in front of the lead fist, finishing in front of the abdomen. In this final position, the arms resemble the figure "9".

⁷ Chamber at R hip and rotate CC.

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#	+	Move	Stance	Action
29	NW	L foot to SW	Horse-riding stance	R pressing block <i>followed quickly by</i>
30	NW			L upper-section punch
31	NW			R double back-fist strike
32	S	L foot to S	L front stance	L downward palm block <i>followed quickly by</i> R ridge-hand
33	S	Step forward		R Mid-section turning kick
34	N	R foot to S (turn 180° CC)	L front stance	Twin upper-section punch
35	N	L foot shifts back	R back stance	R knuckle upset punch with grab ⁸
36	W	R foot steps forward to N, (turn 90° CC)	Horse-riding stance	L 9-shaped block
37	W			Lower-section reverse knife-hand guarding block ⁹ to S <i>followed quickly by</i>
38	W			Lower-section knife-hand guarding block to N
39	E	L foot to N (turn 180° C)	Horse-riding stance	Outer-forearm W-block ¹⁰
40	W	L foot to S (turn 180° C)	Horse-riding stance	Outer-forearm W-block
41	S	R foot to S	R front stance	R upper-section block <i>followed quickly by</i>
42	S			L reverse punch
43	N	L foot steps across	L front stance	L upper-section block <i>followed quickly by</i>
44	N			R reverse punch
	N	On "Keuman" bring R foot up to	Parallel ready stance	

⁸ As per upset punch but with the middle knuckle protruding from the fist and locked in place by the ring- and index-fingers. Grab with the lead hand and pull the closed fist to the rear collarbone.

⁹ Chamber the reverse block with both palms facing downward. The lead knife-hand rotates to palm-up position, blocking with the ridge-hand,

¹⁰ To block with the outer-forearms, chamber the fists in front of the chest, crossed at the wrists, with both palms facing inward. Rotate both forearms so that the palms face outward at the end of the block.