

PATTERN KWANG-GAE

This pattern is practised by the 1st degree and above.

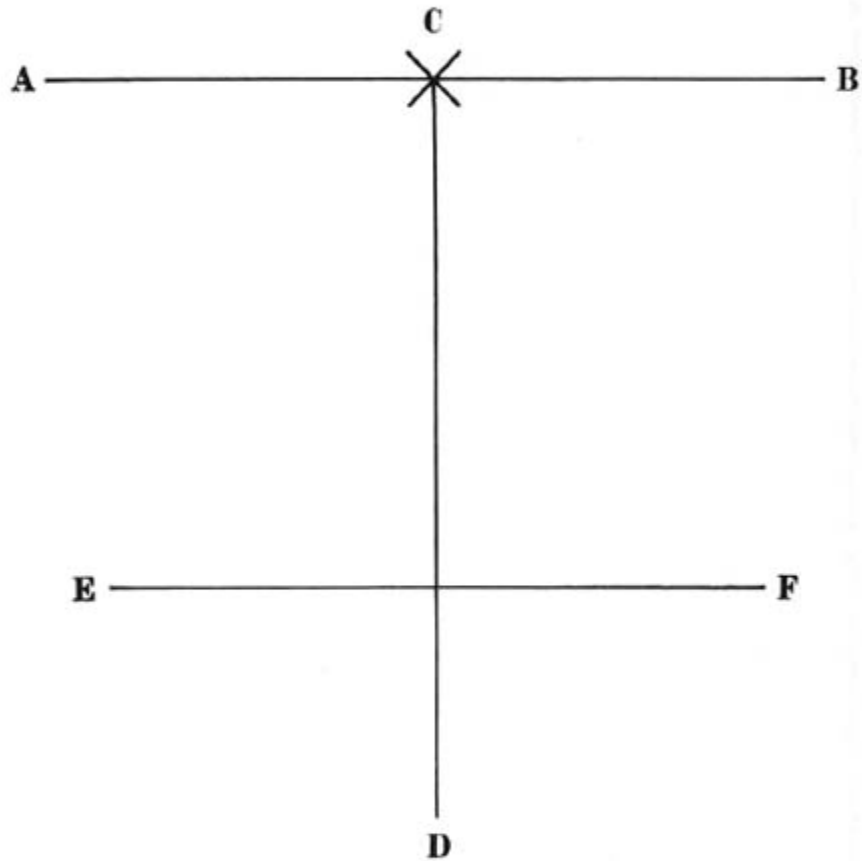
DIAGRAM: 

MOVEMENTS: 39

READY POSTURE: PARALLEL STANCE WITH
A HEAVEN HAND

Kwang-Gae 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 \pm 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.

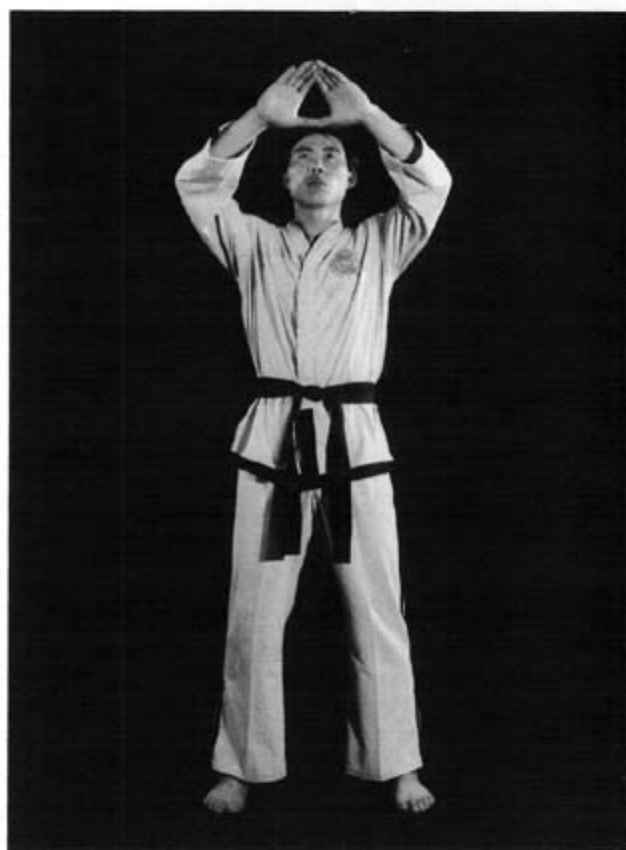
DIAGRAM (*Yon Moo Son*)



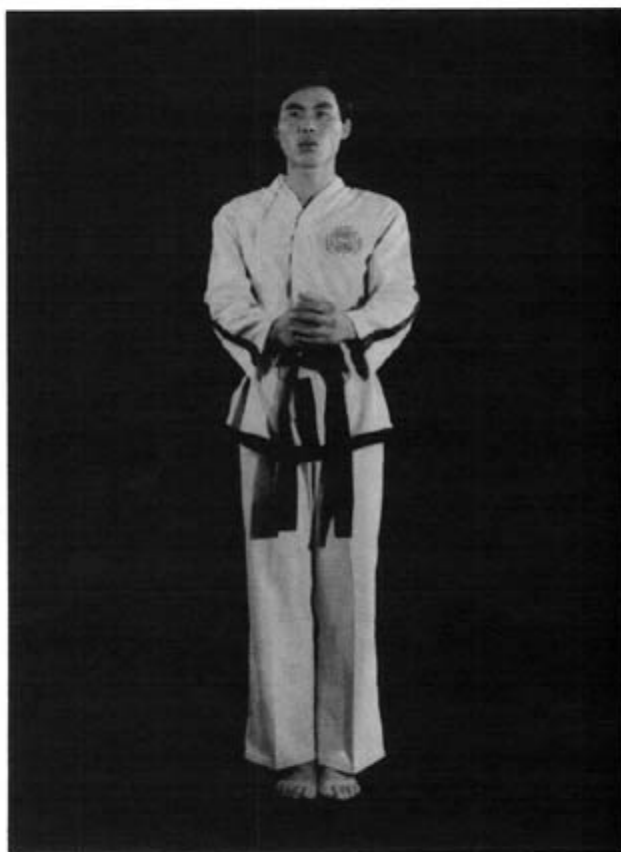
Note: This diagram is reversed to help the student to understand and perform from a clearer angle.

Ready Posture (*Junbi Jase*)

Parallel stance with a heaven hand toward D.



1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.



Close ready stance B toward D.



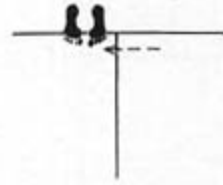
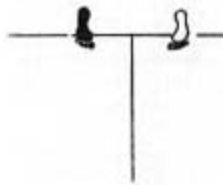
Ready Posture



Pull both hands rapidly to the side, describing a straight line.



Bring them slowly in front of the navel.

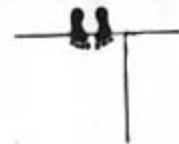


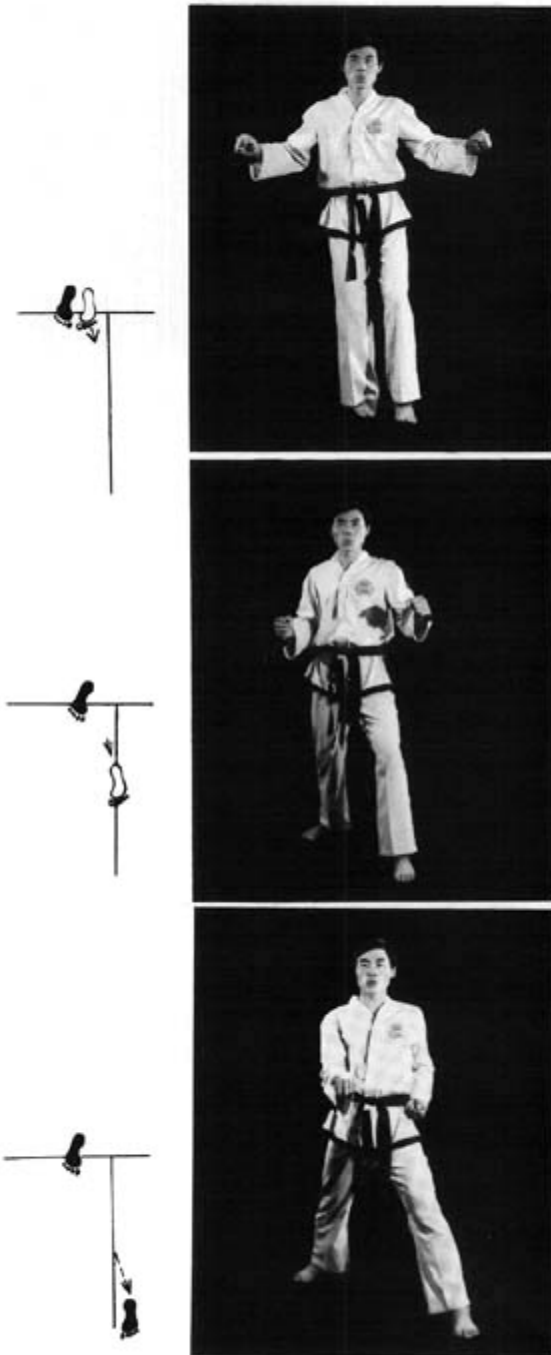
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist.
Perform in a slow motion.



Left walking stance upset punch toward D with the right fist.

Previous Posture





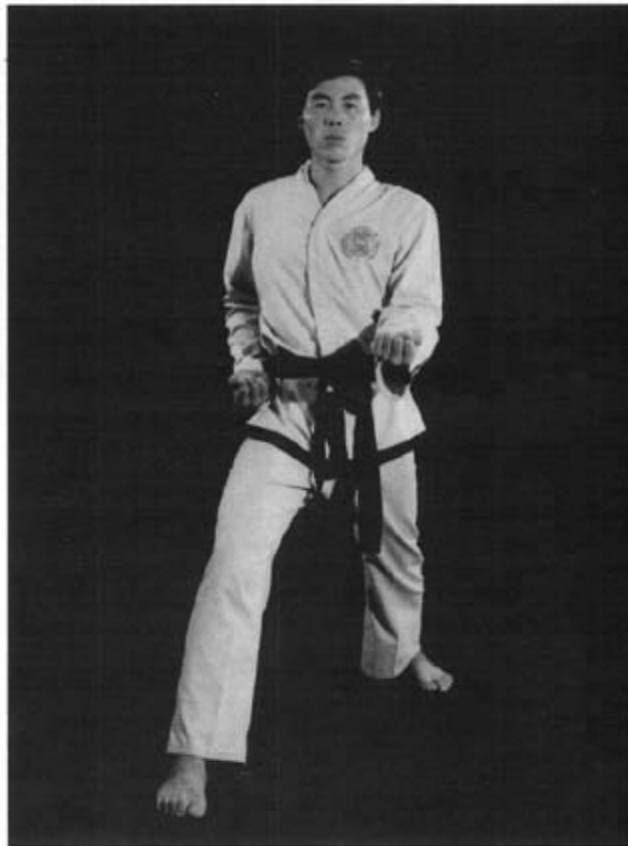
Application



Side View

**The fist reaches the target
in a circular motion.**

3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist.
Perform in a slow motion.



Right walking stance upset punch toward D with the left fist.

Previous Posture



Application



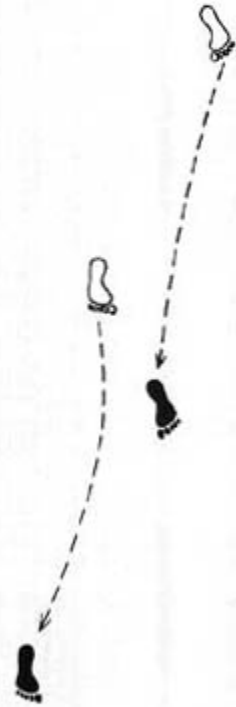
Side View

The fist reaches the target in a circular motion.

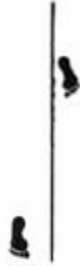
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.



Right walking stance palm hooking block toward D with the right palm.



Previous Posture



Application



Side View

Keep the body half facing D, pivoting the right foot, with the left heel slightly off the ground.

The palm reaches the target in an arc motion.

5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.



Right L-stance knife-hand low guarding block toward D.



Previous Posture



Application



Side View

6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.



Left walking stance left palm high hooking block toward D.

Previous Posture



Application



Top View

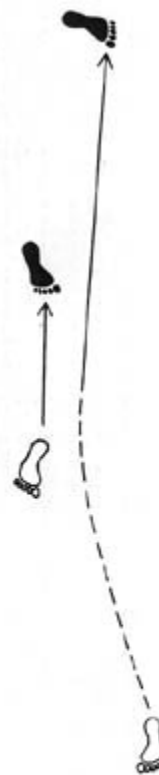
Keep the body half-facing D, pivoting the left foot, with the right heel slightly off the ground.

The palm reaches the target in an arc motion.

7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.



Left L-stance knife-hand low guarding block toward D.



Previous Posture



Application



Side View

8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.



Right rear foot stance knife-hand
high guarding block toward D.

Previous Posture



Application



Side View

- 9** Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.

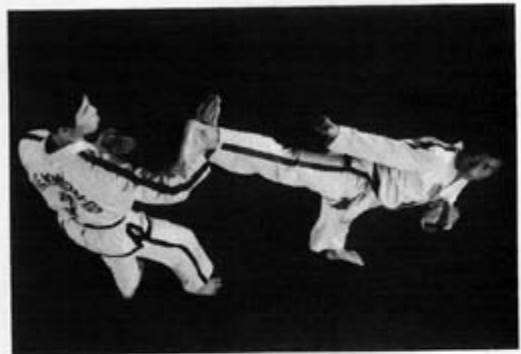


**Left rear foot stance knife-hand
high guarding block toward D.**

Previous Posture



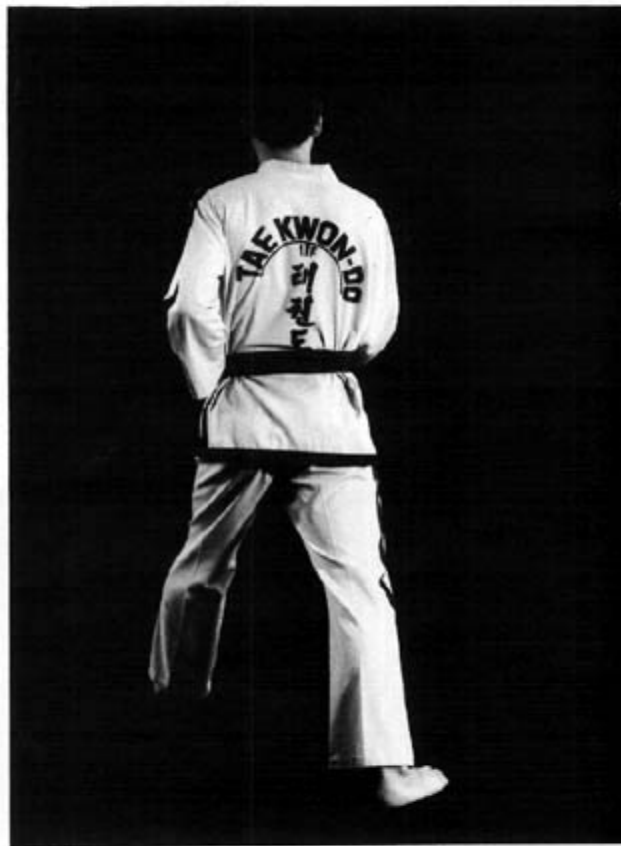
Application



Top View

10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm.

Perform in a slow motion.



Left walking stance right palm upward block toward C.



Previous Posture



Application



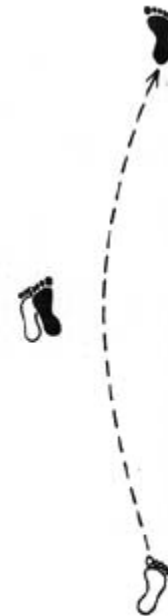
Side View

Palm reaches the target in a circular motion.

11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.



Right walking stance left palm upward block toward C.



Previous Posture



Application



Side View



Other View



Other View

12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot, to form a close stance toward C.



Close stance low front block with the right knife-hand toward C.



Application



Side View

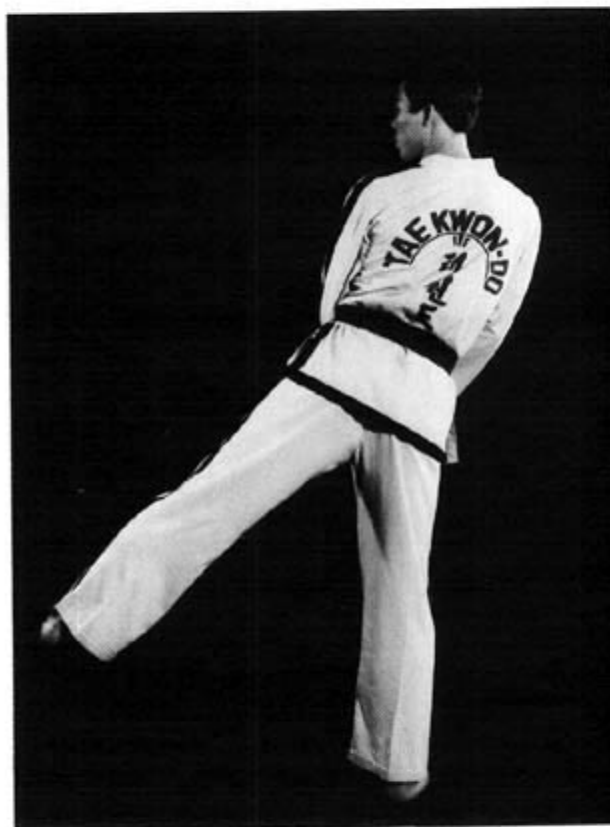
Previous Posture



Other View

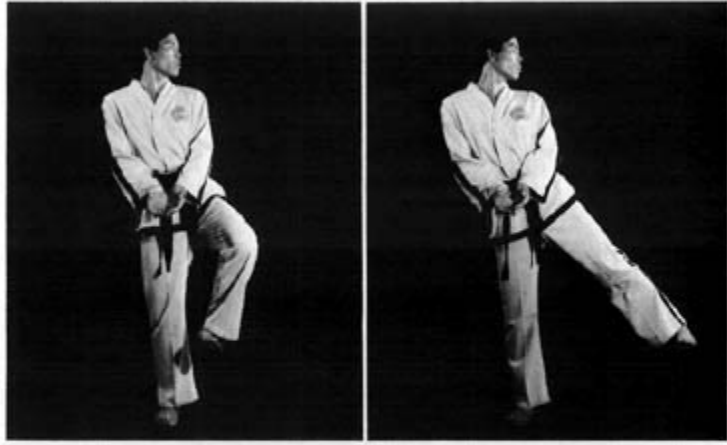


13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.



Pressing kick to E with the left foot facing C.

Other View



Previous Posture



Application



Other View

14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13.
Perform 13 and 14 as a consecutive kick.



Middle side piercing kick to E
with the left foot facing C.

Other View



Previous Posture



Application



Other View

15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.



Right L-stance right knife-hand
high inward strike toward E.



Other View



Previous Posture



Application



Top View

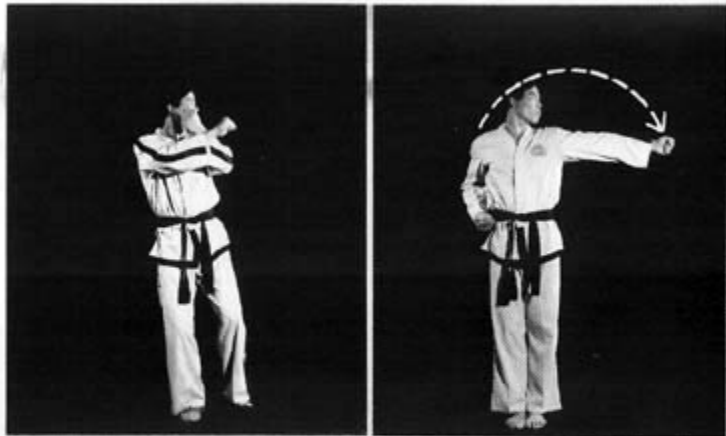
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.



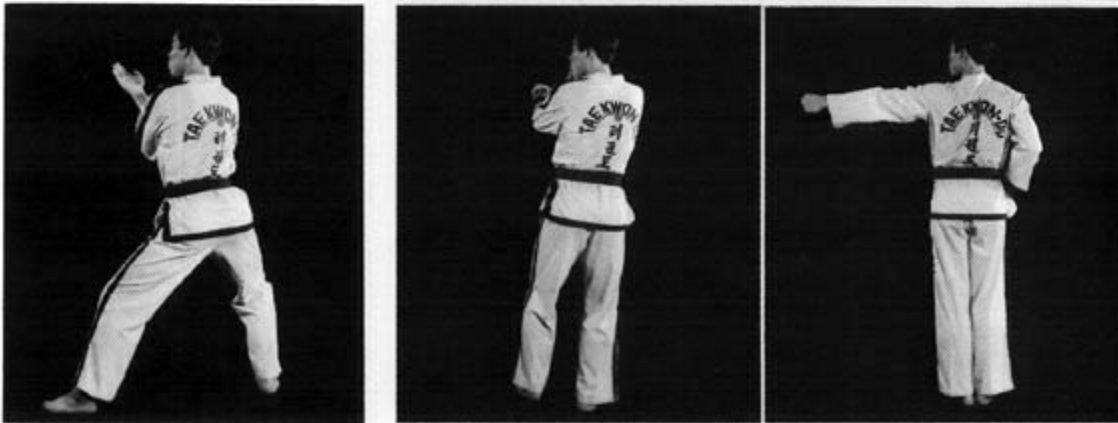
Close stance toward C with a left side fist downward strike to E.



Other View



Previous Posture



Application



Other View

- * 1. The side fist reaches the target in a circular motion.
- 2. Keep the elbow straight at the moment of impact.

17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.



Pressing kick to F with the right foot facing C.

Previous Posture



Application



18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17.
Perform 17 and 18 in a consecutive kick.



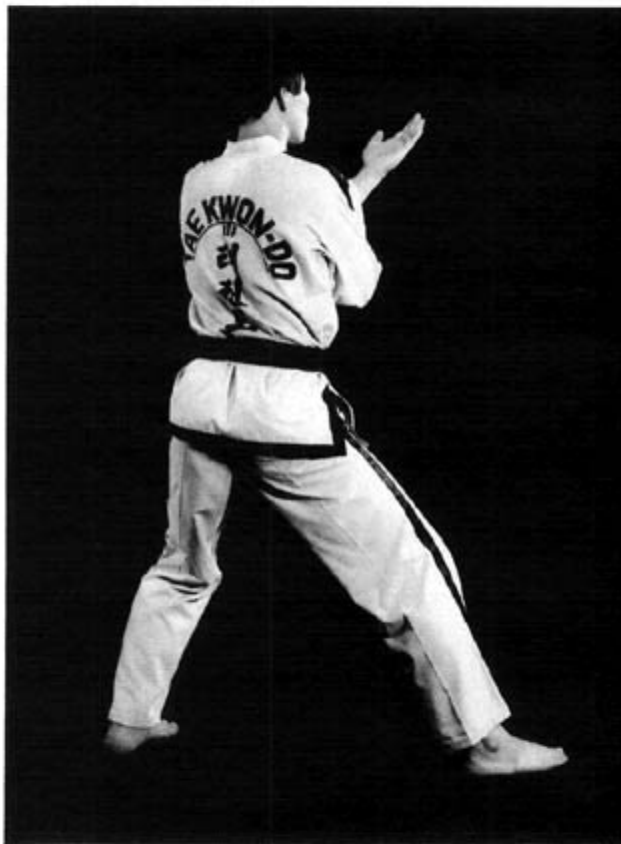
Middle side piercing kick to F
with the right foot facing C.

Previous Posture



Application

19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the left knife-hand and bringing the right side fist in front of the left shoulder.

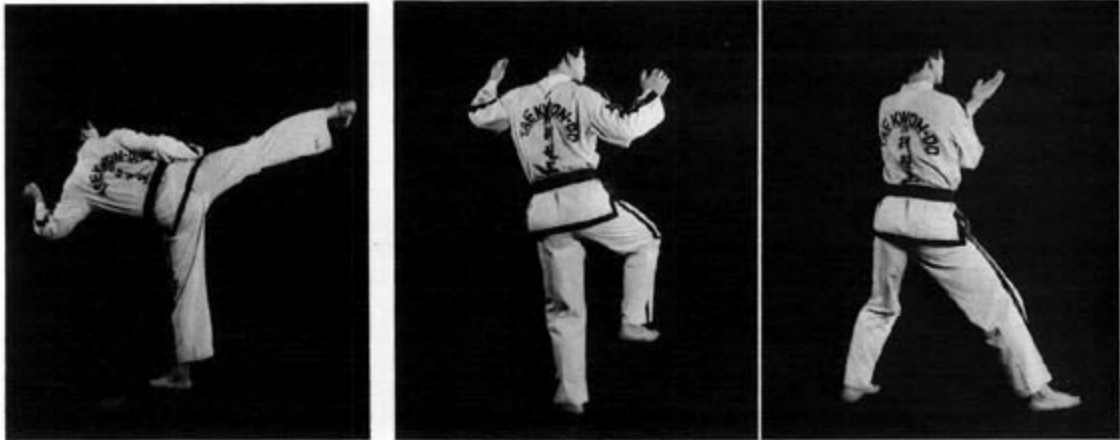


Left L-stance left knife-hand
high inward strike toward F.

Other View



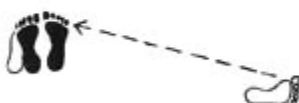
Previous Posture



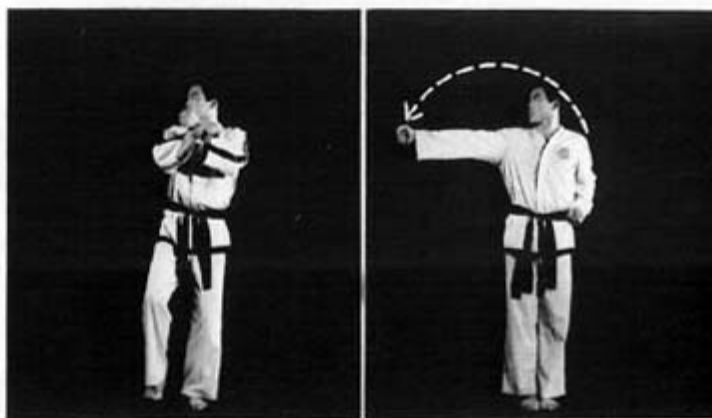
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.



Close stance toward C with a right side fist downward strike to F.



Other View



Previous Posture

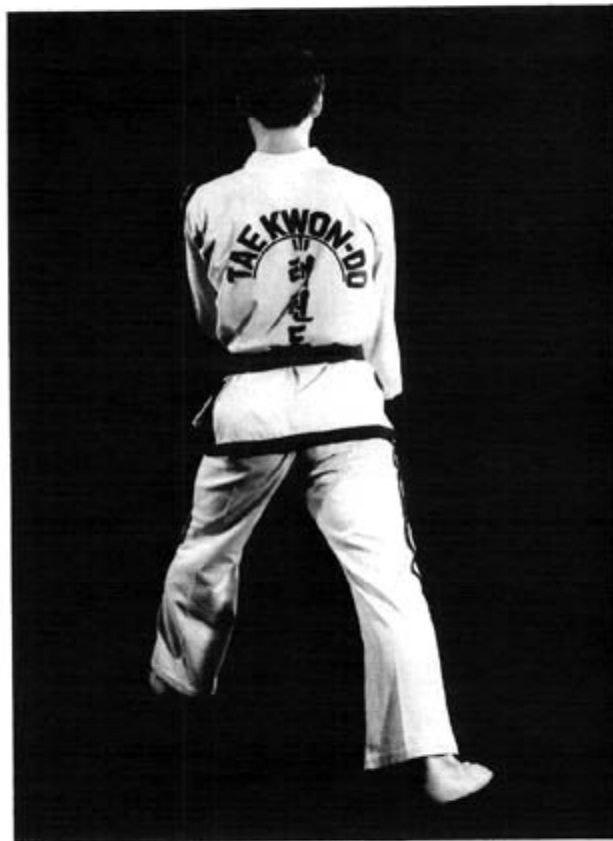


Application



- * 1. The side fist reaches the target in a circular motion.
- 2. Keep the elbow straight at the moment of impact.

21. Move the left foot to C, forming a left low stance toward C while executing a pressing block to C with the right palm.
Perform in a slow motion.



Left low stance right palm pressing
block toward C.

Application

Previous Posture



Side View

Other View



22. Move the right foot to C, forming a right low stance toward C while executing a pressing block to C with the left palm.
Perform in a slow motion.



Right low stance left palm pressing block toward C.



Application



Side View

Previous Posture



Other view



23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.



Sitting stance toward F with a right back fist high side strike to D.

Application

Previous Posture



Side View

Side View



24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.



Right walking stance right double forearm middle block toward D.

Previous Posture



Application



Side View

25. Execute a low reverse block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.



Right walking stance left forearm
low reverse block toward D.



Previous Posture



Application



Side View



The body becomes half-facing the opponent.

26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in a slow motion.



Right low stance right flat fingertip
high thrust toward D.

Application



Side View

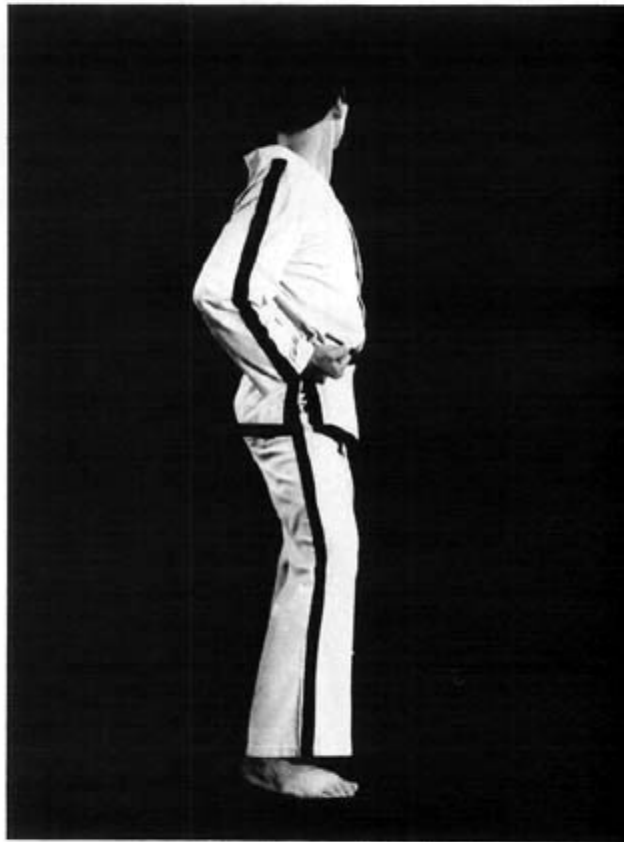
Side View



Previous Posture



27. Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.



Sitting stance toward F with a left back fist high side strike to C.

Previous Posture



Side View



28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.



Left walking stance left double forearm middle block toward C.

Previous Posture



Application



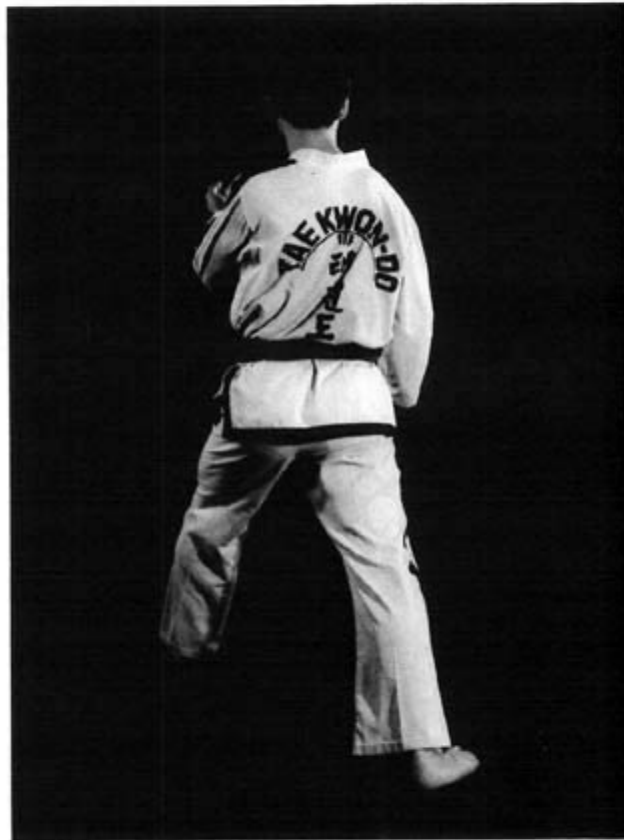
Side View



Top View



29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.



Left walking stance right forearm
low reverse block toward C.

Previous Posture



The body becomes half-facing.



30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C. Perform in a slow motion.



Left low stance left flat fingertip high thrust toward C.

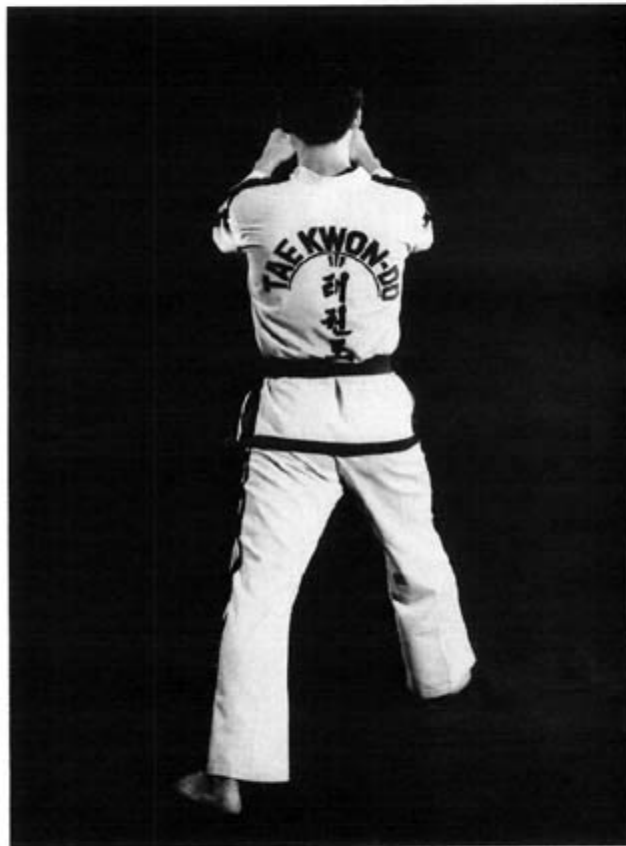
Previous Posture



Side View



31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.



Right walking stance twin fist
high vertical punch toward C.

Previous Posture



Application

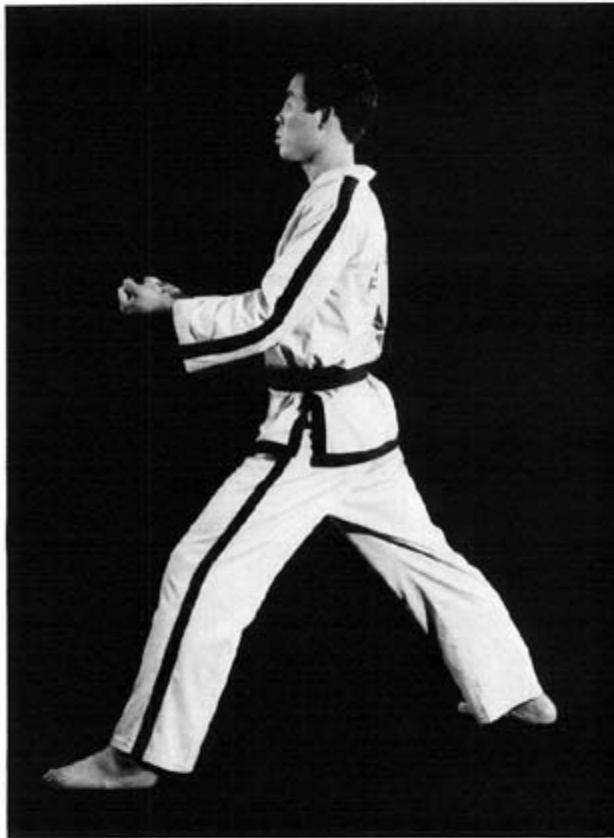


Top View

Side View



32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.



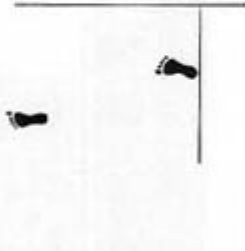
Left walking stance twin fist upset punch toward A.



Previous Posture



The fist reaches the target in a circular motion.



Application



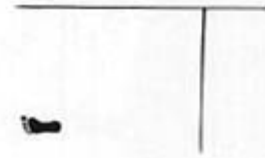
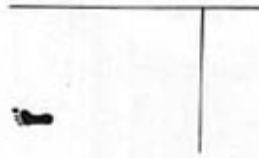
Top View

33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.



Middle front snap kick to A with the right foot.

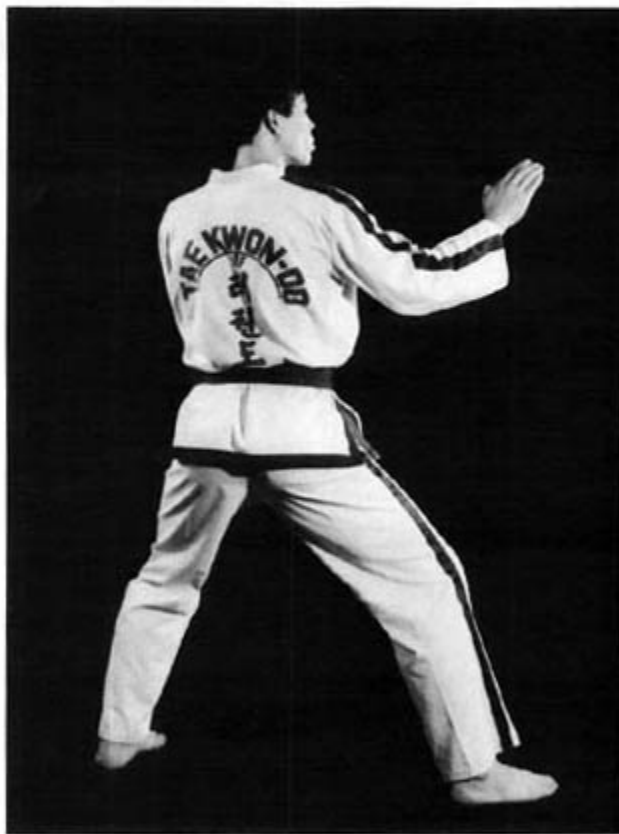
Previous Posture



Application



34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.



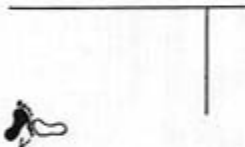
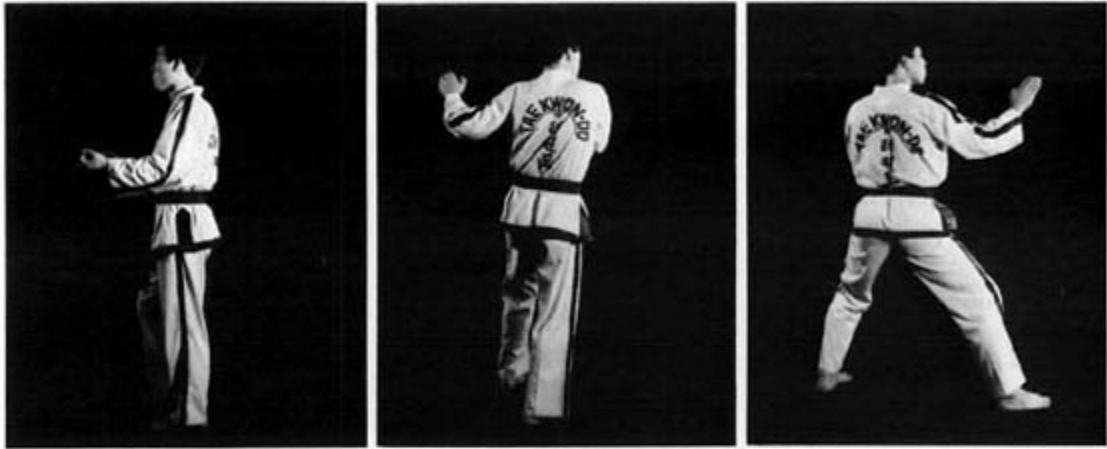
Previous Posture



Left L-stance knife-hand middle guarding block toward B.



Keep the right heel slightly off the ground.

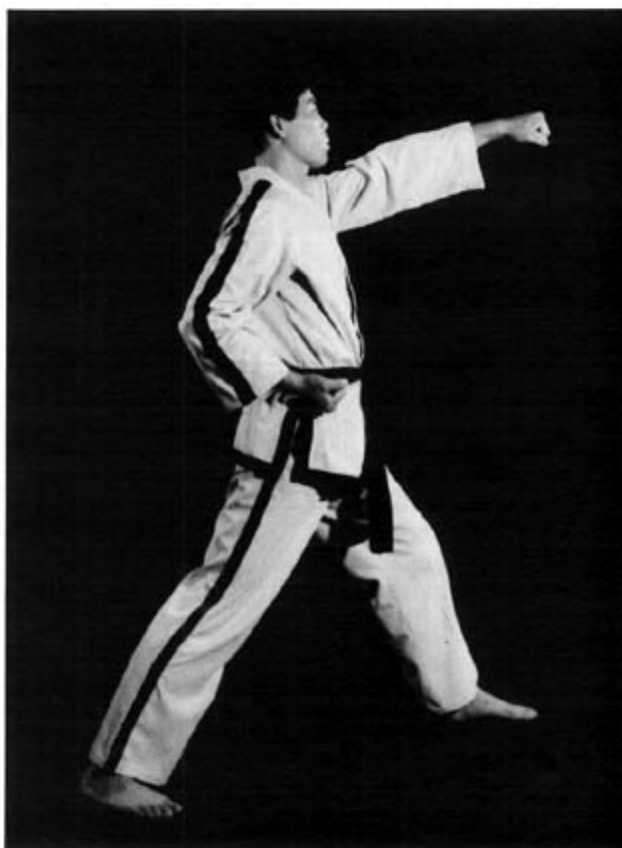


Application



Other View

35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.



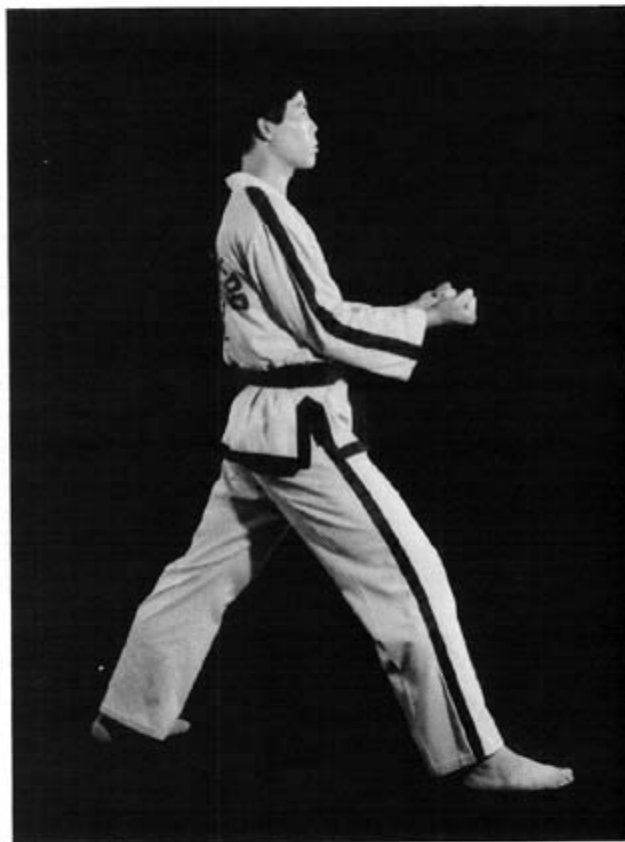
Left walking stance left fist high punch toward B.



Previous Posture



36. Move the right foot to B in a stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.



Right walking stance twin fist
upset punch toward B.



Front View



Previous Posture

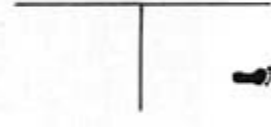
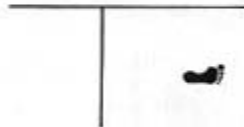
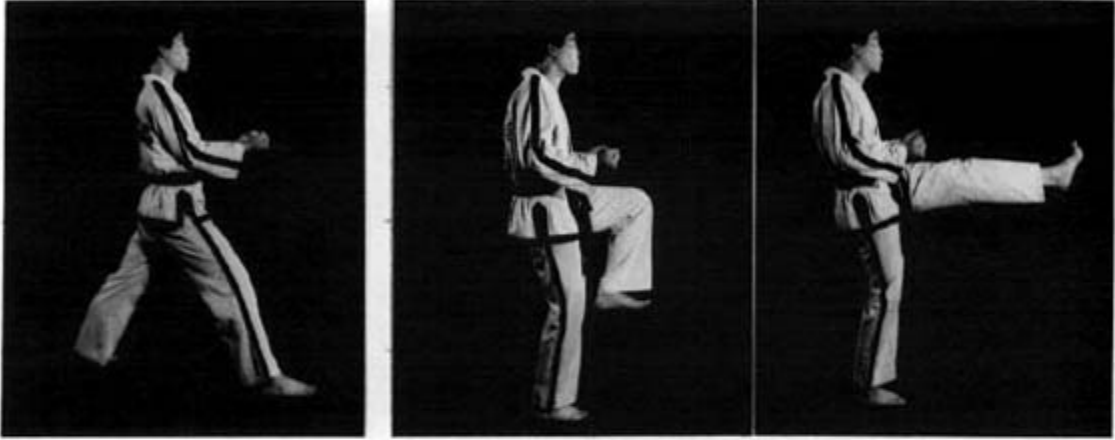


37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.



Middle front snap kick to B
with the left foot.

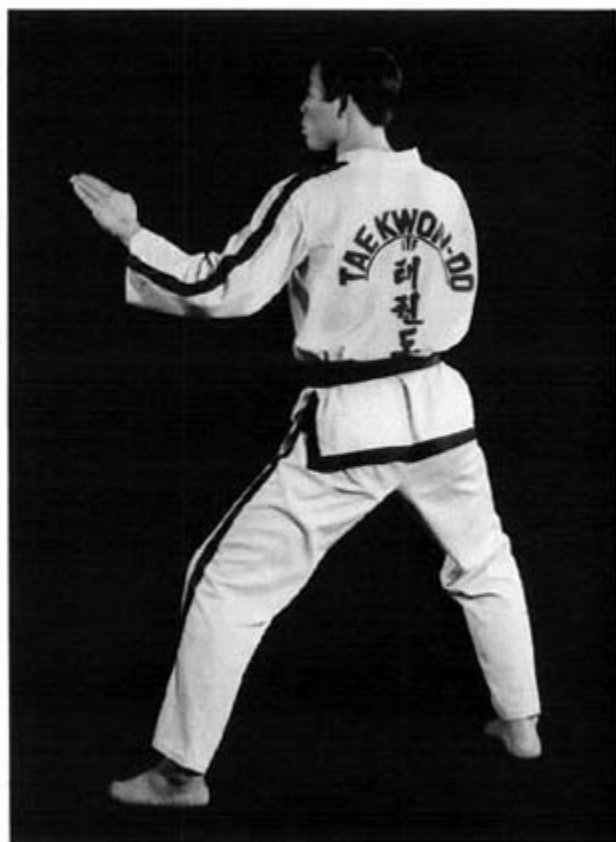
Previous Posture



Application



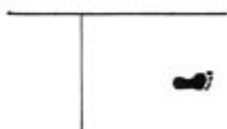
38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.



Right L-stance knife-hand middle guarding block toward A.

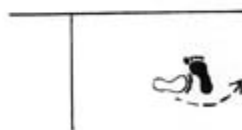
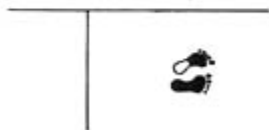


Previous Posture



Keep the left heel slightly off the ground.

Top View



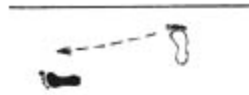
39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.



Right walking stance right fist high punch toward A.



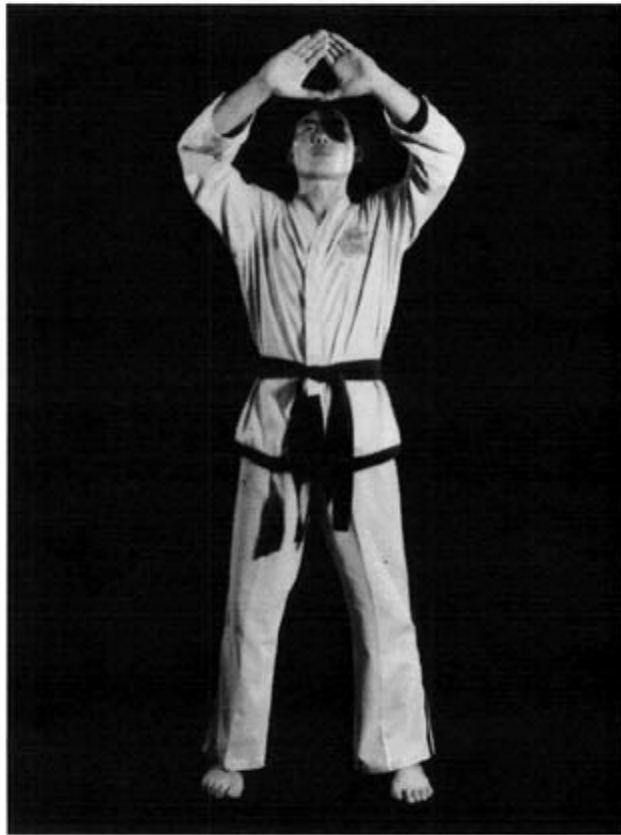
Previous Posture



Application



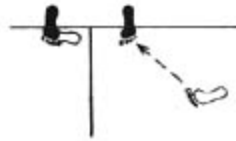
END: Bring the left foot back to a ready posture.



Parallel stance with a heaven hand toward D.



Previous Posture



Top View



Side View



**ADDITIONAL TECHNIQUES
FOR
PATTERN KWANG-GAE**

Parallel Stance with a Heaven Hand
(Narani So Hanulson)



Rear Foot Stance Knife-Hand High Guarding Block
(Dwitbal So Sonkal Nopunde Daebi Makgi)

Side View

Front View



The fingertip reaches
the eye level.

Walking Stance Upset Punch
(Gunnun So Dwojibo Jirugi)

Front View

Side View



The back fist comes to the same
level as the elbow joint.

Double Stepping Forward (*Ibo Omgyo Didimyo Nagagi*)



From a right walking stance toward D.



Side View

Pivot the right foot until the body is half-facing D with the left heel slightly raised off the ground.



From a right L-stance toward D.



Keep the right heel slightly off the ground.



Side View



Walking Stance Palm Upward Block
(Gunnun So Sonbadak Ollyo Makgi)



Front View

Side View



The palm reaches the same level as the solar plexus of the defender.

Close Stance Side Fist Downward Strike
(Moa So Yop Joomuk Naeryo Taerigi)



Front View

Side View



The attacking tool reaches the target in a circular motion.

Outward Pressing Kick (*Bakuro Noollo Chagi*)



Close Stance Knife-Hand Low Front Block (*Moa So Sonkal Najunde Ap Makgi*)

Front View

Side View



The blocking tool reaches the target in a circular motion.

Pressing Kick

Side Piercing Kick

Consecutive kick (*Yonsok Chagi*)



Foot Shifting Backward (*Durogamyo Jajunbal*)

Right walking stance toward D.



Left walking stance toward C.



Walking Stance Forearm Low Reverse Block
(Gunnun So Palmok Najunde Bandae Makgi)



Front View

Side View



The body becomes half-facing the opponent.

Walking Stance High Reverse Punch
(Gunnun So Nopunde Bandae Jirugi)



Side View

Front View



The fist reaches the eye level of the attacker.

Forward Double Step-Turning
(Apuro Ibo Omgyo Didimyo Dolgi)

Left rear foot stance toward C.



Side View



Keep the left heel slightly off the ground.



Right rear foot stance toward D.



Side View



Keep the right heel slightly off the ground.



Sitting Stance Reverse Knife-Hand Low Guarding Block
(Annun So Sonkaldung Najunde Daebi Makgi)



Front View



Side View



Back View

- * 1. The hands generally form a parallel line.
- 2. Blocking tool reaches the target in a straight line.

New Kicks:

- Pick-shape kick
- Flying downward kick
- Flying twin foot side piercing kick – 2 targets
- Flying twin foot turning kick – 1 target
- Flying twin foot high kick – 1 or 2 targets
- Flying double kicks
- Flying consecutive kicks
- Flying two combination kicks
- Mid-air double kicks

New Hand Techniques:

- Middle punch with the middle knuckle fist
- Inward front block with the knife-hand
- Downward side strike with the side fist
- Pressing block with the forefist
- Wedging block with the inner forearms
- Rear thrust with the elbow
- Horizontal punch with the forefists
- U-shaped grasp with the arc-hands
- Horizontal thrust with the twin elbows
- Guarding block with the reverse knife-hand
- Double block with the arc-hands
- Scooping block with the palm
- Front strike with the back fist
- Nine-shape block with the outer forearm

Step Sparring:

- Model Sparring
- No-contact free sparring versus one opponent

Ho Sin Sul:

- Time limit: 2 minutes
- Specified attacks: None
- Opponents: two

The Six Types Of Sparring In Taekwon-Do:

1. Prearranged sparring
2. Free sparring
3. Semi-free sparring
4. Model sparring
5. Prearranged free sparring
6. Foot technique sparring

The Nine Guidelines Of The Philosophy Of Taekwon-Do:

1. Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.
2. Be gentle to the weak and tough to the strong.
3. Be content with what you have in money and position but never in skills.
4. Always finish what you begin, be it large or small.
5. Be a willing teacher to anyone regardless of religion, race, or ideology.
6. Never yield to repression or threat in the pursuit of a noble cause.
7. Teach attitude and skill with action rather than words.
8. Always be yourself even though your circumstances may change.
9. Be the eternal teacher who teaches with the body when young, with words with old, and by moral precept even after death.

Attendance Credits:

Students must participate as an official in at least two U.S.T.F tournaments.
Students must attend a U.S.T.F level one Ho Sin Sul seminar.
Students are highly encouraged to attend an I.T.F. International Instructors course or become a U.S.T.F. class “C” instructor.

Certification:

Adult students are required to become U.S.T.F. certified class “B” referees when seminars are available in your area.

Training requirements:

- I.T.F. requirements mandate that students be 14.5 years of age or older to test for 2nd dan black belt.
- Students must complete a minimum of eighteen months of active training as a 1st dan black belt. Active training is considered participating in an average of over seven formal classes per month.
- Students who attend a I.T.F. International Instructors course may be eligible to test after twelve months of active training as a 1st dan black belt. Students must receive special permission from the president of the U.S.T.F to test early. Students who receive permission to test early not only need to attend and I.T.F. International Instructors course, but they must also be able to demonstrate outstanding technique.
- Students must complete a minimum of 30 hours of community service. A formal letter verifying completion of community service must be turned in with the testing packet.

Breaking:

Men – Hands:

4 boards with:	Front punch with the forefist
3 tiles with:	Downward punch with the forefist
4 tiles with:	Downward strike with the knife-hand

Men – Feet (Power):

3 boards with:	Twisting kick
	or Stepping hook kick
	or Reverse hook kick
	or Reverse turning kick
4 boards with:	Turning kick
5 boards with:	Side piercing kick
	or Mid-air 180 back piercing kick
	or Mid-air 360 back piercing kick

Men – Feet (Technique):

2 suspended boards with:	Any mid-air kick
	or Any flying kick
2 boards – two targets with:	Flying twin foot front snap kick

Women/Juniors – Hands:

1 suspended board with:	Outward strike with the knife-hand
	or Inward strike with the knife-hand
1 tile with:	Downward punch with the forefist
	or Downward strike with the back fist
	or Downward strike with the reverse knife-hand
2 tiles with:	Downward strike with the reverse knife-hand

Women/Juniors – Feet (Power):

2 boards with:	Reverse hook kick
3 boards with:	Side piercing kick

Women/Juniors – Feet (Technique):

1 suspended board with:	Any mid-air kick
	or Any flying kick
1 board – two targets with:	Flying twin foot front snap kick

New Stances:

- Open ready stance with heaven hand
- X-stance – stepping motion
- One-leg stance

One-Leg Stance



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 0% / 100%

Available Facings: Full or side

Additional Notes: The supporting knee is locked. The non-supporting foot is in a front snap kick foot position and is held by the inside of the supporting knee or with the instep on the fossa of the supporting knee (dependant upon directions found in the encyclopedias).

X-Stance



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 100% / 0%

Available Facings: Full, side, or half

Additional Notes: Both feet point in the same direction. Both knees are bent evenly. The ball of the non-supporting foot lightly touches the ground. The non-supporting leg crosses in front when the stance is done in a stepping motion and in back when done in a jumping motion. This stance is named after the supporting foot.

Ready Posture (*Junbi Jase*)

Parallel stance with a heaven hand toward D.

