

KWANG-GAE (Left foot returns, 39 moves)

**LEVEL 1
Heaven Hand Ready Stance/Closed Stance "B"**

	SIDE	TECHNIQUE	SIDE	STANCE	TARGET
(Ki-Hap)	1	R CIRCULAR BLOCK		CLOSED	H
	2	R REVERSE UPSET PUNCH (SLOW)	L	FRONT	M
	3	L REVERSE UPSET PUNCH (SLOW)	R	FRONT	M
	4	R "C" HAND HOOKING BLOCK	R	FRONT	H
	5	L LOW DOUBLE KNIFE HAND BLOCK	L	BACK	L
	6	L "C" HAND HOOKING BLOCK	L	FRONT	H
	7	R LOW DOUBLE KNIFE HAND BLOCK	R	BACK	L
	8	L DOUBLE KNIFE HAND BLOCK	L	REAR	M
	9	R DOUBLE KNIFE HAND BLOCK	R	REAR	M
	10	R REVERSE UPWARD PALM BLOCK (SLOW)	L	FRONT	M
	11	L REVERSE UPWARD PALM BLOCK (SLOW)	R	FRONT	M
	12	R KNIFE HAND STRIKE TO LEFT PALM		CLOSED	L
	13	L FORWARD LEG SIDE KICK			L
	14	L FORWARD LEG SIDE KICK			H
(CONTINUOUS FAST MOTION WITH 13)					
	15	R INWARD KNIFE HAND STRIKE	L	BACK	THROAT
	16	L HAMMER FIST		CLOSED	H
	17	R FORWARD LEG SIDE KICK			L
	18	R FORWARD LEG SIDE KICK			H
(CONTINUOUS FAST MOTION WITH 17)					
	19	L INWARD KNIFE HAND STRIKE	R	BACK	THROAT
	20	R HAMMER FIST		CLOSED	H
	21	R DOUBLE PRESSING PALM BLOCK (SLOW)	L	FRONT	H/L
	22	L DOUBLE PRESSING PALM BLOCK (SLOW)R	R	FRONT	H/L
	23	R BACK FIST STRIKE		MIDDLE	H
	24	R DOUBLE FOREARM BLOCK	R	FRONT	M
	25	R/L INNER FOREARM / LOW BLOCK		SAME	M/L
	26	R HORIZONTAL SPEAR HAND STRIKE		SAME	H
Ki-Hap	27	L BACK FIST STRIKE	F	MIDDLE	H
	28	L DOUBLE FOREARM BLOCK	L	FRONT	F
	29	L/R INNER FOREARM / LOW BLOCK		SAME	M/L
	30	L HORIZONTAL SPEAR HAND STRIKE		SAME	H
	31	BOTH TWIN VERTICAL PUNCH	R	FRONT	H
	32	BOTH TWIN UPSET PUNCH	L	FRONT	M
	33	R TURNING FRONT KICK			M
	34	R DOUBLE KNIFE HAND BLOCK	R	BACK	M
	35	L FRONT PUNCH	L	FRONT	M
	36	BOTH DOUBLE UPSET PUNCH	R	FRONT	M
	37	L TURNING FRONT KICK			M
	38	L DOUBLE KNIFE HAND BLOCK	L	BACK	M
	39	R FRONT PUNCH	R	FRONT	H

Kwang-Gae is named after the famous Kwang-Gae-Toh Wang, the 19th king of the Koguryo Dynasty, who regained all of the lost territories including the greater part of Manchuria. The diagram (+) represents 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.