

GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

GAE-BAEK

Movements - 44

Ready Posture - PARALLEL READY
STANCE



1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
 2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
 3. Lower the right foot to D forming a right Walking stance toward D while executing a middle punch to D with the right fist.
 4. Execute a middle punch to D with the left fist while maintaining a right Walking stance toward D. Perform 3 and 4 in a fast motion.
 5. Move the right foot to C forming a left Walking stance toward D while executing a rising block with the left forearm.
 6. Execute a low block to D with the left forearm while maintaining a left Walking stance toward D. Perform 5 and 6 in a continuous motion.
 7. Execute a high block to AD with a double arc hand while looking through it maintaining a left Walking stance toward D.
 8. Turn the face toward D while forming a right bending ready stance A toward D.
 9. Lower the left foot to AD to form a Sitting stance toward AC while executing a scooping block to AC with the left palm.
 10. Execute a middle punch to AC with the right fist while maintaining a Sitting stance toward AC. Perform 9 and 10 in a connecting motion.
 11. Execute a front strike to AC with the left back fist while maintaining a Sitting stance toward AC.
 12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
 13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.
 14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat finger tip.
 15. Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C.
 16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
 17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
 18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
 19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
 20. Move the left foot on line CD to form a Sitting stance toward A while executing a right 9-shape block.
- See next page...

21. Move the right foot to D, turning counter-clockwise to form a left Walking stance toward C while executing a low block to C with the left knife-hand.
 22. Execute a middle turning kick to BC with the right foot and then lower it to C.
 23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
 24. Land to C to form a right Walking stance toward C while executing a high vertical punch to C with a twin fist.
 25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right Walking stance toward C.
 26. Execute an upset punch to C with the left fist while maintaining a right Walking stance toward C.
 27. Move the right foot on line CD, forming a left Walking stance toward D while striking the left palm with the right front elbow.
 28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.
 29. Move the left foot to BC to form a Sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
 30. Execute a middle punch to BD with the left fist while maintaining a Sitting stance toward BD. Perform 29 and 30 in a connecting motion.
 31. Execute a front strike to BD with the right back fist while maintaining a Sitting stance toward BD.
 32. Move the left foot to C, forming a left Walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
 33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
 34. Lower the right foot to C, and then turn counter-clockwise to form a left Walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
 35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.
 36. Move the right foot to D to form a Sitting stance toward B, at the same time executing left 9-shape block.
 37. Execute a low guarding block to C with a reverse knife-hand while maintaining a Sitting stance toward B.
 38. Execute a low guarding block to D with a knife-hand while maintaining a Sitting stance toward B. Perform 37 and 38 in a continuous motion.
 39. Move the left foot to D in a stamping motion to form a Sitting stance toward A while executing a W-shape block with the outer forearm.
 40. Move the left foot to C in a stamping motion to form a Sitting stance toward B while executing a W-shape block with the outer forearm.
 41. Move the right foot to C forming a right Walking stance toward C while executing a rising block with the right forearm.
 42. Execute a middle punch to C with the left fist while maintaining a right Walking stance toward C.
 43. Move the right foot on line CD forming a left Walking stance toward D while executing a rising block with the left forearm.
 44. Execute a middle punch to D with the right fist while maintaining a left Walking stance toward D.
- END: Bring the right foot back to a ready posture.

**Korean for each technique in
GAE-BAEK**

01. Niunja so kyocha sonkal kaunde momcho makgi
02. Najunde bituro chagi
03. Gunnun so ap joomuk kaunde baro jirugi
04. Gunnun so ap joomuk kaunde bandae jirugi
05. Gunnun so bakat palmok chuckyo makgi
06. Gunnun so bakat palmok najunde makgi
07. Gunnun so doo bandalson makgi
08. Guburyo junbi sogi A
09. Annun so duro makgi
10. Annun so ap joomuk kaunde jirugi
11. Annun so dung joomuk nopunde ap taerigi
12. Niunja so sonkal kaunde daebi makgi
13. Najunde yop apcha busigi
14. Nachuo so opun sonkut nopunde baro tulgi
15. Nachuo so opun sonkut nopunde bandae tulgi
16. Kaunde yopcha jirugi
17. Niunja so palmok kaunde daebi makgi
18. Niunja so palmok kaunde daebi makgi
19. Niunja so sonkal kaunde daebi makgi
20. Annun so gutja makgi
21. Gunnun so sonkal najunde makgi
22. Kaunde dollyo chagi
23. Twimyo yopcha jirugi
24. Gunnun so sang joomuk nopunde sewo jirugi
25. Gunnun so doo bandalson makgi
26. Gunnun so dwijibo jirugi
27. Gunnun so ap palkup taerigi
28. Kyocha so doo palmok nopunde makgi
29. Annun so duro makgi
30. Annun so ap joomuk kaunde jirugi
31. Annun so dung joomuk nopunde ap taerigi
32. Gunnun so sonkal dung nopunde ap taerigi
33. Kaunde dollyo chagi
34. Gunnun so sang joomuk nopunde sewo jirugi
35. Niunja so joongji joomuk kaunde jirugi
36. Annun so gutja makgi
37. Annun so sonkal dung najunde daebi makgi
38. Annun so sonkal najunde daebi makgi
39. Annun so bakat palmok san makgi
40. Annun so bakat palmok san makgi
41. Gunnun so bakat palmok chuckyo makgi
42. Gunnun so ap joomuk kaunde bandae jirugi
43. Gunnun so bakat palmok chuckyo makgi
44. Gunnun so ap joomuk kaunde bandae jirugi