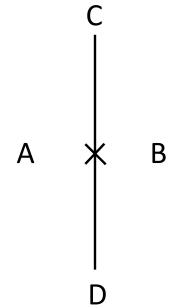


Ge-Baek Tul

44 Movements

Ready Posture: Parallel Ready Stance



1. Move the right foot to C forming a right L-stance towards D whilst performing a checking block towards D with an X-knife hand
2. Perform a low twisting kick towards 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 towards D whilst performing a middle punch to D with the right fist
4. Perform a middle punch towards D with the left fist maintaining a right walking stance towards D. Perform 3 and 4 in a fast motion.
5. Move the right foot to C forming a left walking stance towards D whilst performing a left forearm rising block
6. Perform a low block to D with the left forearm whilst maintaining a left walking stance towards D. Perform 5 and 6 in continuous motion.
7. Perform a high block to AD with a double arc-hand block maintaining a left walking stance towards D looking through it
8. Turn the face towards D while forming a bending ready stance towards D
9. Lower the left foot to AD to form a sitting stance towards AC performing a scooping block to AC with the left palm
10. Perform a middle punch to AC with the right fist whilst maintaining a sitting stance towards AC. Perform 9 and 10 in continuous motion.
11. Perform a front strike to AC with the left back fist whilst maintaining a sitting stance towards AC
12. Move the right foot on line AB and then move the left foot to C to form a right L-stance towards C whilst performing a middle knife hand guarding block to C
13. Perform 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 towards C while performing a high left flat fingertip thrust
15. Perform a high right flat fingertip thrust whilst maintaining a left low stance towards C
16. Perform a middle side piercing kick to C with the right foot whilst pulling both hands in the opposite direction
17. Lower the right foot to C forming a right L-stance towards D whilst performing a middle forearm guarding block to D
18. Move the right foot towards D turning counter-clockwise to form a right L-stance towards C whilst performing a middle forearm guarding block to C
19. Move the left foot towards D turning counter-clockwise to form a right L-stance towards D whilst performing a middle knife-hand guarding block to D
20. Move the left foot on line CD to form a sitting stance towards A while performing a right 9-shape block
21. Move the right foot towards D turning counter clockwise to form a left walking stance towards C performing a low block to C with the knife hand
22. Perform a middle turning kick towards BC with the right foot and then lower to C

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

To end, bring the right foot back to a ready posture

Bibliography

TaeKwon-Do, Gen. Choi Hong Hi.