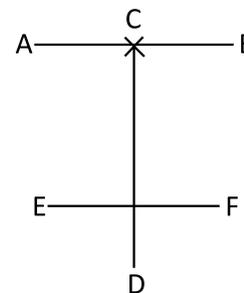


Kwang-Gae Tul

39 Movements

Ready Posture: Parallel Stance with a Heaven Hand



1. Bring the left foot to the right forming closed ready stance B.
2. Move the left foot towards D forming a left walking stance performing an upset punch with the right fist in slow motion.
3. Move the right foot towards D forming a right walking stance performing an upset punch with the left fist in slow motion.
4. Move the left foot to the side front of the right foot and then move the right foot to D in a double stepping motion into a right walking stance performing a high section right hooking block.
5. Move the right foot to C in a sliding motion to form a right L Stance performing a low knife hand guarding block.
6. Move the right foot to the side front of the left foot and then move the left foot to D in a double stepping motion into a left walking stance performing a high section left hooking block.
7. Move the left foot to C in a sliding motion to form a left L Stance performing a low knife hand guarding block.
8. Move the left foot to D forming a right rear foot stance high section knife hand guarding block.
9. Move the right foot to D forming a left rear foot stance high section knife hand guarding block.
10. Move the left foot to the side front of the right foot then turn counter-clockwise pivoting with the left foot to form a left walking stance towards C performing an upwards block towards C with the right palm. Perform in a slow motion.
11. Move the right foot towards C forming a right walking stance while performing an upwards block towards C with the left palm. Perform in a slow motion.
12. Perform 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 into a closed stance towards C.
13. Perform a pressing kick towards E with the left foot keeping the position of the hands as they were in 12.
14. Perform a middle side piercing kick to E with the left foot. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot towards E forming a right L stance towards E while executing a high inward strike to E with the right hand and bringing the left side fist in front of the right shoulder.
16. Perform a downwards strike to E with the left side fist while forming a close stance towards C pulling the left foot towards the right foot.
17. Perform a pressing kick towards F with the right foot keeping the position of the hands as they were in 16.
18. Perform a middle side piercing kick to F with the right foot. Perform 17 and 18 in a consecutive kick.
19. Lower the right foot towards F forming a left L stance towards F while executing a high inward strike to F with the left hand and bringing the right side fist in front of the left shoulder.

20. Perform a downwards strike to F with the right side fist while forming a close stance towards C pulling the right foot towards the left foot.
21. Move the left foot to C performing a low stance pressing block in slow motion.
22. Move the right foot to C performing a low stance pressing block in slow motion.
23. Move the right foot towards D in a stamping motion to form a sitting stance towards F performing a high side strike to D with the right back fist.
24. Perform a middle section double forearm block towards D, pivoting with the left foot into a right walking stance
25. Perform a low reverse block towards D with the left forearm while shifting towards C and keeping a right walking stance keeping the hands in the same position as in 24.
26. Perform a high right flat fingertip thrust towards D while forming a right low stance slipping the right foot. Perform in Slow Motion.
27. Move the left foot on line CD towards F in a stamping motion to form a sitting stance towards F performing a high side strike to C with the left back fist.
28. Perform a middle section double forearm block towards C, pivoting with the left foot into a left walking stance.
29. Perform a low reverse block towards C with the right forearm while shifting towards D and keeping a left walking stance keeping the hands in the same position as in 28.
30. Perform a high left flat fingertip thrust towards D while forming a left low stance slipping the left foot. Perform in Slow Motion.
31. Move the right foot towards C in a stamping motion forming a right walking stance towards C performing a high twin vertical punch.
32. Move the left foot towards A in a stamping motion forming a left walking stance towards A performing a twin upset punch.
33. Perform a middle front snap kick to A with the right foot keeping the hands as they were in 32.
34. Lower the right foot to the left foot and then move the left foot to A to form a left L stance towards B to perform a middle knife hand guarding block.
35. Move the left foot towards B forming a left walking stance towards B performing a high section obverse punch.
36. Move the right foot to B in a stamping motion forming a right walking stance towards B performing a twin upset punch.
37. Perform a middle front snap kick to B with the left foot keeping the hands as they were in 36.
38. Lower the left foot to the right foot and then move the right foot to B to form a right L stance towards B to perform a middle knife hand guarding block.
39. Move the right foot towards A forming a right walking stance towards A performing a high section obverse punch.

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

Bibliography

TaeKwon-Do, Gen. Choi Hong Hi.