

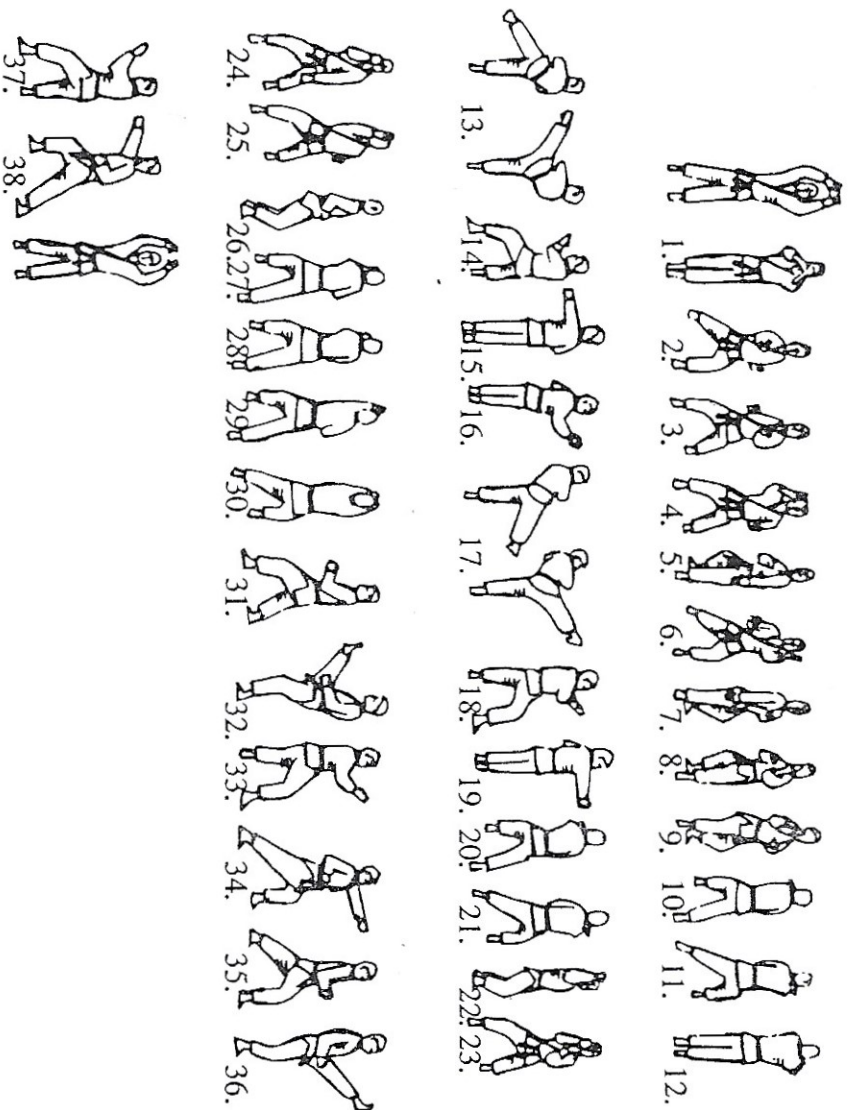
# Black Belt Candidates

**Form Name: Kwang-Gae** (*Pronounced: Kwang Gae*)

Kwang Gae was a king who regained all the lost territories that had been taken from Korea.

**38 Movements 3 Yells**

The Black belt represents the combination and absorption of all the previous colors.



## FORM

### TECHNIQUE

### STANCE

- |   |             |
|---|-------------|
| 1. Closed ready position (Kihap!)       | Closed      |
| 2. Right tension reverse upset punch    | Right Front |
| 3. Left tension reverse upset punch     | Left Front  |
| 4. Right hooking block                  | Right Front |
| 5. Left low double knifehand block      | Right Back  |
| 6. Left hooking block                   | Left Front  |
| 7. Right low double knifehand block     | Left Back   |
| 8. Left double knifehand block          | Left Rear   |
| 9. Right double knifehand block         | Right Rear  |
| 10. R. tension reverse upset palm block | Left Front  |
| 11. L. tension reverse upset palm block | Right Front |
| 12. Right circular knifehand strike     | Closed      |
| 13. Left low sidekick/high sidekick     |             |
| 14. Right upset knifehand strike        | Right Back  |
| 15. L. circular downward hammerfist     | Closed      |
| 16. Right double outer forearm block    | Closed      |
| 17. Right low sidekick/high sidekick    |             |
| 18. Left upset knifehand strike         | Left Back   |
| 19. R. circular downward hammerfist     | Closed      |
| 20. R. tension downward palm block      | Left Front  |
| 21. L. tension downward palm block      | Right Front |
| 22. Right stomp & backfist (Kihap!)     | Left Back   |
| 23. Right sang-soo block                | Right Front |
| 24. R. inner forearm & L. low block     | Right Front |
| 25. Right tension spearhand strike      |             |
| 26. Left stomp & backfist (Kihap!)      | Right Back  |
| 27. Left sang-soo block                 | Left Front  |
| 28. L. inner forearm & R. low block     | Left Front  |
| 29. Left tension spearhand strike       |             |
| 30. Twin high punch                     | Right Front |
| 31. Twin upset punch                    | Left Front  |
| 32. Right front kick                    | Left Back   |
| 33. Right double knifehand block        | Left Front  |
| 34. Left high punch                     | Left Back   |
| 35. Twin upset punch                    | Left Front  |
| 36. Right front kick                    | Right Front |
| 37. Left double knifehand block         | Right Back  |
| 38. Right high punch                    | Right Front |

**Baroh!** Right foot back to ready position