

1ST DEGREE BLACK BELT-RECOMMENDED

KWANG GAE

<u>TECHNIQUE</u>	<u>STANCE</u>
Twin arc hands ready position	
1. Closed ready position B (kihap)	Closed
2. Right tension reverse upset punch	Left front
3. Left tension reverse upset punch	Right front
4. Right hooking block	Right front
5. Left double knifehand low block	Right back
6. Left hooking block	Left front
7. Right double knifehand low block	Left back
8. Left double knifehand block	Right rear
9. Right double knifehand block	Left rear
10. Right tension reverse palm upset block	Left front
11. Left tension reverse palm upset block	Right front
12. Right circular knifehand strike (low)	Closed
13. Left side kick	
14. Left side kick	
15. Right reverse knifehand strike	Right back
16. Left circular hammerfist strike	Closed
17. Double outer forearm block-right sidekick	
18. Right side kick	
19. Left reverse knifehand strike	Left back
20. Right circular hammerfist strike	Closed
21. Right tension reverse pressing block	Left front
22. Left tension reverse pressing block	Right front
23. Right backfist (kihap)	Back stance
24. Double inner forearm block	Right front
25. Right inner forearm-left low blocks	
26. Right tension high spearhand strike	
27. Left backfist (kihap)	Back stance
28. Left double inner forearm block	Left front
29. Left inner forearm-right low blocks	
30. Left tension high spearhand strike	
31. Twin high punches	Right front
32. Twin upset punches	Left front
33. Right front kick	
34. Right double knifehand block	Left back
35. Left high punch	Left front
36. Twin upset punches	Right front