

Martial Arts Carolina
Form and Rank Requirement Sheet

Gae-Baek: 44 movements

History: Gae-Baek is named for Ge-Baek, a great general in the Baek Je dynasty (660 AD). The diagram represents his severe and strict military discipline.

Form:

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Slide right foot backward, knifehand X-block (mid-section) KIHAP	N	RB
2. Right #2 twist kick, maintain hand position	N	
3. Right punch	N	RF
4. Left reverse punch		
5. Step right foot back, left high block	N	LF
6. Left low block		
7. Window block from W to E (low)		
8. Bring left foot to right knee to one-leg stance		
9. Lower foot to MS facing SE, left upset palm block	SE	M
10. Right punch		
11. Left upset hammerfist, supported		
12. Step right foot to left, then left to S, double knifehand block	S	RB
13. Left #1 front kick		
14. Left spear hand (high)	S	RB
15. Right reverse spear hand (high)		
16. Right #2 side kick (middle)	S	
17. Lower right foot to S, left outer forearm block to N	N	RB
18. Step right foot CCW 180°, left outer forearm block	S	RB
19. Step left foot CCW 180°, left outer forearm block	N	RB
20. Step left foot to N, right 9-block to E	E	M
21. Step right foot CCW 90°, left slow knifehand low block	S	LF
22. Right #2 round kick	S	
23. Right #3 jump side kick	S	
24. Twin vertical punch (high), KIHAP	S	RF
25. Window block from W to E		
26. Left upset punch		
27. Step online, turn to N, right horizontal elbow into left palm	N	LF
28. Jump to right X-stance, right double inner forearm block to N	N	X
29. Step left foot to MS, right upset palm heel block	NW	M
30. Left punch		
31. Right upset hammerfist, supported		
32. Step left foot S, right reverse supported ridgehand	S	LF
33. Right #2 jump round kick	S	
34. Turn to N, twin vertical punch (high)	N	LF
35. Slide left foot to right BS, right upset punch, left fist at right bicep	N	RB
36. Step right foot N to MS facing W, left 9-block	W	M
37. Circular double ridgehand low block to S		
38. Circular double knifehand low block to N		
39. Left #2 inner crescent kick to N, twin inner forearm block	E	M

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Gae-Baek: 44 movements (cont.)

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| 40. Left #2 inner crescent kick to S, twin inner forearm block | W | M |
| 41. Step right foot S, right high block | S | RF |
| 42. Left reverse punch | | |
| 43. Step online, turn to N, left high block | N | LF |
| 44. Right reverse punch | | |
| Right foot returns to ready position | | |