

Martial Arts Carolina
Form and Rank Requirement Sheet

Kwang-Gae: 39 movements

History: Kwang-Gae is named for the famous Kwang-Gae Toh-Wang, the 19th king of the Koguryo dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

Form:

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Parallel stance with Heaven Hand facing North		
1. Break away, lift left leg to W into one leg stance, KIHAP, bring left foot to right and hands to closed B position ready stance	N	C
2. Step left foot forward, right slow upset punch	N	LF
3. Step forward, left slow upset punch	N	RF
4. Step left foot to right, then right forward, right hooking block	N	RF
5. Step right foot back, double knifehand low block	N	RB
6. Step right foot to left, then left forward, left hooking block	N	LF
7. Step left foot back, double knifehand low block	N	LB
8. Step left foot forward, double knifehand block	N	RR
9. Step right foot forward, double knifehand block	N	LR
10. Step left foot to right, pivot, step right foot backward to LF stance facing S, slow pressing block	S	LF
11. Step forward, slow pressing block	S	RF
12. Step left foot to right, heaven hand break away ending in right circular upset knifehand into left palm (low)	S	C
13. Bring hands to left guard position, left #1 side kick low		
14. Followed immediately by left #1 side kick mid-section		
15. Set left foot down to E in BS, right upset knifehand, bringing left fist to right chest	E	RB
16. Step left foot to right, left circular downward knifehand strike to collarbone	S	C
17. Bring hands to right guard position, right #1 side kick low		
18. Followed immediately by right #1 side kick mid-section		
19. Set right foot down to W in BS, left upset knifehand, bringing right fist to left chest	W	LB
20. Step right foot to left, right circular downward knifehand strike to collarbone	S	C
21. Step left foot to S, slow pressing block	S	LF
22. Step forward, slow pressing block	S	RF
23. Right outer crescent kick to N, KIHAP, landing in LB stance facing N, left side high/low inner forearm block	N	LB
24. Shift right foot forward, right double inner forearm block	N	RF
25. Shuffle back one FS length, left low block	N	RF
26. Right slow horizontal spear hand (high)		
27. Left outer crescent kick to S, KIHAP, landing in RB stance facing S, right side high/low inner forearm block	S	RB

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Kwang-Gae: 39 movements (cont.)

28. Shift left foot forward, left double inner forearm block	S	LF
29. Shuffle back one FS length, right low block	S	LF
30. Left slow horizontal spear hand (high)		
31. Step forward, twin high punch	S	RF
32. Step left foot E, twin upset punch	E	LF
33. Right #2 front kick, lowering right foot to left	E	C
34. Step left to E, pivot CW 180°, double knifehand block	W	LB
35. Step forward, left punch (high)	W	LF
36. Step forward, twin upset punch	W	RF
37. Left #2 front kick, lowering left foot to right	W	C
38. Step right to W, pivot CCW 180°, double knifehand block	W	RB
39. Step forward, right punch (high)	W	RF
Right foot returns to ready position		