

**GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.**



## **Movements - 44**

### **Starting Position - Parallel Ready Stance**

**The illustration for this pattern assumes that the student is standing on the X and facing D.**

1. Move the right foot to C forming a right L-stance toward D while executing a Side X Knife hand Checking Block to D.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. **Perform 3 and 4 in a fast motion.**
5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. **Perform 5 and 6 in a continuous motion.**
7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a right fist middle punch to AC while maintaining a sitting stance toward AC. **Perform 9 and 10 in a connecting motion.**
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle knife-hand guarding block to C.
13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.
14. Lower the left foot to C forming a left low stance toward C while executing a high left hand flat finger tip thrust to C.

15. Execute a high right hand flat finger tip thrust to C while maintaining a left low stance toward C.
16. Execute a right foot middle side piercing kick to C while pulling both hands in the opposite direction.
17. Lower the right foot to C forming a right L-stance toward D while executing a middle forearm guarding block to D.
18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle forearm guarding block to C.
19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle knife-hand guarding block to D.
20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low left knife-hand block to C.
22. Execute a right foot middle turning kick to BC and then lower it to C.
23. Execute a right foot flying side piercing kick to C. Perform 22 and 23 in a fast motion.
24. Land to C to form a right walking stance toward C while executing a twin fist high vertical punch to C.
25. Execute a high double arc-hand block to AC while looking through it maintaining a right walking stance toward C.
26. Execute a left fist upset punch to C while maintaining a right walking stance toward C.
27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
28. Jump to D, forming a right x-stance toward BD while executing a high right double forearm block to D.
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
30. Execute a middle left fist punch to BD while maintaining a sitting stance toward BD. **Perform 29 and 30 in a connecting motion.**
31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
33. Move the left foot to A about half a shoulder width while executing a middle right foot turning kick to C.
34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high twin fist vertical punch to D.
35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.



36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.
37. Execute a low reverse knife-hand guarding block to C while maintaining a sitting stance toward B.
38. Execute a low knife-hand guarding block to D while maintaining a sitting stance toward B. **Perform 37 and 38 in a continuous motion.**
39. Move the left foot to D **in a stamping motion** to form a sitting stance toward A while executing a W-shape block with the outer forearm.
40. Move the left foot to C **in a stamping motion** to form a sitting stance toward B while executing a W-shape block with the outer forearm.
41. Move the right foot to C forming a right walking stance toward C while executing a right forearm rising block.
42. Execute a middle left fist punch to C while maintaining a right walking stance toward C.
43. Move the right foot on line CD forming a left walking stance toward D while executing a left forearm rising block.
44. Execute a middle right fist punch to D while maintaining a left walking stance toward D.

**END:** Bring the right foot back to Parallel Ready Stance.