



# TAEKWON-DO AKATEMIA RY

## GAE-BAEK (Movements – 44)

### Ready Posture - PARALLEL READY STANCE

1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
  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 middle punch to AC with the right fist 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 guarding block to C with a knife-hand.
  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 thrust to C with the left flat finger tip.
  15. Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C.
  16. Execute a middle side piercing kick to C with the right foot 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 guarding block to D with the forearm.
  18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
  19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  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 block to C with the left knife-hand.
  22. Execute a middle turning kick to BC with the right foot and then lower it to C.
  23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
  24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
  25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.
  26. Execute an upset punch to C with the left fist 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 block to D with the right double forearm.
  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 punch to BD with the left fist 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 turning kick to C with the right foot.
  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 vertical punch to D with a twin fist.
  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 guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
  38. Execute a low guarding block to D with a knife-hand 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 rising block with the right forearm.
  42. Execute a middle punch to C with the left fist 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 rising block with the left forearm.
  44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.
- END:** Bring the right foot back to a ready posture.