

GE – BAEK

1. Move the right foot back to an L Shaped Stance and do an X Knifehand Block, back hand on top.
2. Do a Reverse Front Twisting Kick, keeping the hands held in an X Block.
- 3 – 4. Lower the right foot in front of you, landing in a Front Stance. Do a right and then left Middle Punch.
- 5 – 6. Step back with the right foot to a Front Stance and do a Rising Block, followed by a Low Block.
7. Open and raise both hands in Arc Hand position (Twin Arc Hand) and keeping them together, push them to the right 45 degrees as though pressing against someone's chest.
- 8 – 9. Move the front foot to the right, turning 135 Degrees to the right into a Horse Stance and do an upward Palm Heel Block.
10. Do a Middle Punch with the right fist.
11. Drop the right hand in front as a brace and bring your left arm back, hand in a fist and attack with a Backfist, left hand over your right arm.
12. Move the right foot to the right, completing the turn so that you have now finished a 180 degree change of direction. Move the left foot forward to an L Shaped Stance and do a Knifehand Guarding Block.
13. Do a Lead Leg Front Kick with the left leg, keeping the hands in place.
- 14 – 15. As your leg returns from the Front Kick, pull your left hand back to your side in a chamber. Land in a Front Stance. Do a left Spearhand to the eyes, followed by a right Reverse Spearhand Strike to the eyes.
16. Reverse Side Kick with the right leg, while pulling the hands back (Reverse Pulling Side Kick).
17. Lower the kicking foot to form an L Shaped Stance, while turning 180 degrees to the left and do a Guarding Block.
18. Move the right foot Counter Clockwise 180 degrees to from an L Shaped Stance, and execute another Guarding Block.
19. Move the left foot in another 180 degree Counter Clockwise turn, but this time do a Knifehand Guarding Block.
20. Move the left foot to a Horse Stance, facing to your right and do a Circle 9 Block, starting with the left hand low and then rotating the arms so that the left hand ends up on top.
21. Move the right foot in a 270 degree Counter Clockwise turn to a Front Stance and do a Low Knifehand Block with the left hand.
22. Do a Reverse Roundhouse Kick with the right leg, midlevel.
23. Standard Jumping Side Kick with the right leg.
24. Land in a Front Stance, Twin Vertical Punch to the face.
25. Twin Arc Hand Pressing Block, moving the hands 45 degrees to the left.
26. Upset Punch with the left fist.
27. Turning 180 degrees to the left, landing in a Front Stance and raise your left arm and strike your left palm with the Right Elbow Strike.
28. Jump forward to a Right X Stance while at the same time doing a High Block with a Right Double Forearm Block (Augmented Block).
29. Move to a 45 degree Horse Stance and do an Upward Palm Heel Block with the right hand.

30. Left Middle Punch.
31. Right Backfist Strike, placing left arm under your elbow to support the strike.
32. Move the left foot to a Front Stance, and do a Right Ridgehand Strike to the head.
33. Move the left foot about six inches and do a Reverse Roundhouse Kick with the right foot, landing with a 180 Degree turn to the left in a Front Stance.
34. Twin Vertical Punch.
35. Shift the front foot to an L Shaped Stance and do a Middle Knuckle Punch with the right fist, while bringing the left fist to the right shoulder.
36. Move the right foot up and around as you turn 180 Degrees to form a Horse Stance and do a Circle 9 Block starting with the right hand low.
37. Low Ridgehand Guarding Block to the left.
38. Low Ridgehand Guarding Block to the right.
39. Raise both arms for a W Shaped block and swing the left foot to the right in a Crescent Kick and land in a stomping motion while finishing the W Shaped Block.
40. Lift the left foot again and do another W shaped block, turning 180 degrees, landing with another stomping motion, in a Horse Stance.
41. Move the right foot to a Front Stance and do a Rising Block.
42. Reverse Middle Punch with your left fist.
43. Pivot 180 Degrees Counter Clockwise, landing in a Front Stance and do a Rising Block.
44. Right Reverse Middle Punch. Kiap on the last move and say "Ge – Baek."

Baro: Bring the right foot back to a Ready Stance.

Diagram: I (capital i)

44 movements