

## KWAN GAE

1. Raise both hands in front of you, fingers together, but thumbs out to the sides and touching each other, as do the fingertips, forming a triangle. Lift the left foot and then slowly bring hands together as fists in Closed Ready Stance B.
2. Bring your right fist to your side, palm down and step forward with your left foot and do a Reverse Upset Punch in a slow, graceful movement.
3. Move the right foot forward to a Front Stance and do another Upset Punch in a slow graceful motion.
4. Move the left foot forward so that you step in front and across your right foot, and then move your right foot forward into a Front Stance ( Cross Step ) and do a Hooking Block with your right hand.
5. Move the right foot back to an L Shaped Stance and as you shift your weight into a Back Stance do a Low Knifehand Guarding Block.
6. Step forward with your back foot in a Cross Step, landing in a Front Stance and do Hooking Block with your left hand.
7. Move the front foot back to an L Shaped Stance and as you shift into a Back Stance do a Low Knifehand Guarding Block.
8. Move the left foot forward to a Cat Stance and do a High Knifehand Guarding Block.
9. Move the right foot forward to a Cat Stance and do a High Knifehand Guarding Block.
10. Move the left forward and then turn counter clockwise pivoting on the left foot, landing in a Front Stance and execute a slow, Upward Palm Heel Block, right hand.
11. Step forward and do another slow, Upward Palm Heel Block, left hand.
12. Bring the left foot up to the right foot and raise both hands over your head, fingertips touching, palms forward, making another triangle. Swing the hands down and use your right Knifehand to strike the left palm.
- 13 – 14. Keeping the hands together, raise the left leg and perform a Double Side Kick, first low and then high.
15. Lower the left foot to a Fixed Stance and do a high inward strike with the right Knifehand while bringing the left fist to the shoulder ( Knifehand Arm Trap ).
16. Pull the left foot to the right foot. Execute a Downward Strike with a left Hammerfist.
- 17 – 18. Keeping the hands in place, do a Double Side Kick with the right foot, low and then high.
19. Lower the right foot, forming a Fixed Stance and do a High Inward Strike with the left hand while bringing the right fist to the left shoulder ( Knifehand Arm Trap ).
20. Pull the right foot to the left and execute a Downward Strike with a left Hammerfist.
21. Step forward with the left foot to a Front Stance and use both hands to do Simultaneous Upward and Downward Pressing Block in slow motion.
22. Step forward to a Front Stance and use both hands to again do Simultaneous Upward and Downward Pressing Blocks in slow motion.
23. Step back with the right foot to a Horse Stance, landing with a stomping motion and do a Backfist with the right hand.
24. Bring the right foot across to the right into a Front Stance and do a Double Forearm Block ( Augmented Block ).
25. Step back with the front foot and then lift your other foot, moving back at a 45 Degree Angle and do

a Low Block with the left hand, while Keeping the right arm in place.

26. Raise the front foot and use the right hand to do a Slow Motion Spearhand to the eyes.

27. Move the left foot back, landing with a stomping motion, in a Horse Stance.

28. Move the right foot to the right to form a Front Stance and do a Double Forearm Block ( Augmented Block ).

29. Do a Low Block with the right hand, while keeping the left arm in place.

30. Raise the left foot and when you come down execute a Left Spearhand to the eyes.

31. Step forward to a Front Stance and do a Twin Vertical Punch.

32. Return the hand to the sides and turn 90 degrees to the left and do a Twin Upset Punch.

33. Reverse Front Kick with the right foot while keeping the hands in place.

34. Land from the kick and then step forward with your back foot and turn 180 degrees to the right and do a Knifehand Guarding Block.

35. Step forward, high punch with the left hand.

36. Step forward to a Front Stance, Twin Upset Punch.

37. Do a Reverse Front Kick, keeping the hands in place.

38. Lower the kicking foot, step forward with the right foot and turn to the left into an L Shaped Stance, and as you shift back, do a Knifehand Guarding Block.

39. Step forward to a Front Stance and do a High Punch with the right hand.

On the last move, Kiap and say the name of the form.

BARO: Bring the left foot back to the Ready Stance and then to attention.

Diagram

39 MOVES

