

	GE-BAEK (44 MOVES)	WRITE THE KOREAN IN HERE
1	X-KNIFEHAND CHECKING BLOCK L STANCE	
2	LOW TWISTING KICK KEEP HAND POSITION AS IN MOVE 1	
3	MIDDLE FOREFIST PUNCH WALKING STANCE	
4	MIDDLE FOREFIST PUNCH WALKING STANCE	
	PERFORM 3 & 4 IN FAST MOTION	
5	FOREARM RISING BLOCK WALKING STANCE	
6	LOW FOREARM BLOCK WALKING STANCE	
	PERFORM 5 & 6 IN CONTINUOUS MOTION	
7	HIGH DOUBLE ARC HAND BLOCK WALKING STANCE	
8	BENDING READY STANCE 'A'	
9	PALM SCOOPING BLOCK SITTING STANCE	
10	MIDDLE FOREFIST PUNCH SITTING STANCE	
	PERFORM 9 & 10 IN A CONNECTING MOTION	
11	FRONT BACK FIST STRIKE SITTING STANCE	
12	MIDDLE KNIFEHAND GUARDING BLOCK L STANCE	
13	LOW SIDE FRONT SNAP KICK KEEP HAND POSITION AS IN 12	
14	HIGH FLAT FINGERTIP THRUST LOW STANCE	
15	HIGH FLAT FINGERTIP THRUST LOW STANCE	
16	MIDDLE SIDE PIERCING KICK PULL BOTH HANDS IN OPPOSITE DIRECTION	
17	MIDDLE FOREARM GUARDING BLOCK L STANCE	
18	MIDDLE FOREARM GUARDING BLOCK L STANCE	
19	MIDDLE KNIFEHAND GUARDING BLOCK L STANCE	
20	9-SHAPED BLOCK SITTING STANCE	
21	LOW KNIFEHAND BLOCK WALKING STANCE	
22	MIDDLE TURNING KICK 45° ANGLE	
23	FLYING SIDE PIERCING KICK PERFORM 22 & 23 IN FAST MOTION	
24	HIGH TWIN VERTICAL PUNCH WALKING STANCE	
25	HIGH DOUBLE ARC HAND BLOCK WALKING STANCE	
26	UPSET PUNCH WALKING STANCE	
27	FRONT ELBOW STRIKE WALKING STANCE	
28	JUMPING HIGH DOUBLE FOREARM BLOCK X STANCE	
29	PALM SCOOPING BLOCK SITTING STANCE	
30	MIDDLE FOREFIST PUNCH SITTING STANCE	
	PERFORM 9 & 10 IN A CONNECTING MOTION	
31	FRONT BACK FIST STRIKE SITTING STANCE	
32	HIGH FRONT REVERSE KNIFEHAND STRIKE WALKING STANCE	
33	MIDDLE TURNING KICK MOVING FOOT HALF A SHOULDER WIDTH TO THE SIDE	
34	HIGH TWIN VERTICAL PUNCH WALKING STANCE	
35	MIDDLE KNUCKLE FIST PUNCH L STANCE	
36	9-SHAPED BLOCK SITTING STANCE	
37	LOW REVERSE KNIFEHAND GUARDING BLOCK SITTING STANCE	
38	LOW KNIFEHAND GUARDING BLOCK SITTING STANCE	
	PERFORM 37 & 38 IN A CONTINUOUS MOTION	
39	W-SHAPED BLOCK SITTING STANCE	
	PERFORMED IN STAMPING MOTION	
40	W-SHAPED BLOCK SITTING STANCE	
	PERFORMED IN STAMPING MOTION	
41	FOREARM RISING BLOCK WALKING STANCE	
42	MIDDLE FOREFIST PUNCH WALKING STANCE	
43	FOREARM RISING BLOCK WALKING STANCE	
44	MIDDLE FOREFIST PUNCH WALKING STANCE	

RIGHT FOOT BACK TO READY POSTURE

	GE-BAEK (44 MOVES)	KOREAN
1	X-KNIFEHAND CHECKING BLOCK L STANCE	KYOCHA SONKAL MOMCHAU MAKGI NIUNJA SOGI
2	LOW TWISTING KICK KEEP HAND POSITION AS IN MOVE 1	NAJUNDE BITURO CHAGI
3	MIDDLE FOREFIST PUNCH WALKING STANCE	KAUNDE APJOOMUK JIRUGI GUNNUN SOGI
4	MIDDLE FOREFIST PUNCH WALKING STANCE	KAUNDE APJOOMUK JIRUGI GUNNUN SOGI
	PERFORM 3 & 4 IN FAST MOTION	
5	FOREARM RISING BLOCK WALKING STANCE	PALMOK CHOOKYO MAKGI GUNNUN SOGI
6	LOW FOREARM BLOCK WALKING STANCE	NAJUNDE PALMOK MAKGI GUNNUN SOGI
	PERFORM 5 & 6 IN CONTINUOUS MOTION	
7	HIGH DOUBLE ARC HAND BLOCK WALKING STANCE	NOPUNDE DOO BANDAL SON MAKGI GUNNUN SOGI
8	BENDING READY STANCE 'A'	GUBURYO JUNBI SOGI 'A'
9	PALM SCOOPING BLOCK SITTING STANCE	SONBADAK DURO MAKGI ANNUN SOGI
10	MIDDLE FOREFIST PUNCH SITTING STANCE	KAUNDE APJOOMUK JIRUGI ANNUN SOGI
	PERFORM 9 & 10 IN A CONNECTING MOTION	
11	FRONT BACK FIST STRIKE SITTING STANCE	AP DUNG JOOMUK TAERIGI ANNUN SOGI
12	MIDDLE KNIFEHAND GUARDING BLOCK L STANCE	KAUNDE SONKAL DAEBI MAKGI NIUNJA SOGI
13	LOW SIDE FRONT SNAP KICK KEEP HAND POSITION AS IN 12	NAJUNDE YOP AP CHA BUSIGI
14	HIGH FLAT FINGERTIP THRUST LOW STANCE	NOPUNDE OPUN SONKUT TULGI NACHUO SOGI
15	HIGH FLAT FINGERTIP THRUST LOW STANCE	NOPUNDE OPUN SONKUT TULGI NACHUO SOGI
16	MIDDLE SIDE PIERCING KICK PULL BOTH HANDS IN OPPOSITE DIRECTION	KAUNDE YOP CHA JIRUGI
17	MIDDLE FOREARM GUARDING BLOCK L STANCE	KAUNDE PALMOK DAEBI MAKGI NIUNJA SOGI
18	MIDDLE FOREARM GUARDING BLOCK L STANCE	KAUNDE PALMOK DAEBI MAKGI NIUNJA SOGI
19	MIDDLE KNIFEHAND GUARDING BLOCK L STANCE	KAUNDE SONKAL DAEBI MAKGI NIUNJA SOGI
20	9-SHAPED BLOCK SITTING STANCE	DIGUTJA MAKGI ANNUN SOGI
21	LOW KNIFEHAND BLOCK WALKING STANCE	NAJUNDE SONKAL MAKGI GUNNUN SOGI
22	MIDDLE TURNING KICK 45° ANGLE	KAUNDE DOLLYO CHAGI
23	FLYING SIDE PIERCING KICK PERFORM 22 & 23 IN FAST MOTION	TWIMYO YOP CHA JIRUGI
24	HIGH TWIN VERTICAL PUNCH WALKING STANCE	NOPUNDE SANG SEWO JIRUGI GUNNUN SOGI
25	HIGH DOUBLE ARC HAND BLOCK WALKING STANCE	NOPUNDE DOO BANDAL SON MAKGI GUNNUN SOGI
26	UPSET PUNCH WALKING STANCE	DWIJIBO JIRUGI GUNNUN SOGI
27	FRONT ELBOW STRIKE WALKING STANCE	AP PALKUP TAERIGI GUNNUN SOGI
28	JUMPING HIGH DOUBLE FOREARM BLOCK X STANCE	TWIGI NOPUNDE DOO PALMOK MAKGI KYOCHA SOGI
29	PALM SCOOPING BLOCK SITTING STANCE	SONBADAK DURO MAKGI ANNUN SOGI
30	MIDDLE FOREFIST PUNCH SITTING STANCE	KAUNDE APJOOMUK JIRUGI ANNUN SOGI
	PERFORM 9 & 10 IN A CONNECTING MOTION	
31	FRONT BACK FIST STRIKE SITTING STANCE	AP DUNG JOOMUK TAERIGI ANNUN SOGI
32	HIGH FRONT REVERSE KNIFEHAND STRIKE WALKING STANCE	NOPUNDE AP SONKAL DUNG TAERIGI GUNNUN SOGI
33	MIDDLE TURNING KICK MOVING FOOT HALF A SHOULDER WIDTH TO THE SIDE	KAUNDE DOLLYO CHAGI
34	HIGH TWIN VERTICAL PUNCH WALKING STANCE	NOPUNDE SANG SEWO JIRUGI GUNNUN SOGI
35	MIDDLE KNUCKLE FIST PUNCH L STANCE	KAUNDE SONGARAK JOOMUK JIRUGI NIUNJA SOGI
36	9-SHAPED BLOCK SITTING STANCE	DIGUTJA MAKGI ANNUN SOGI
37	LOW REVERSE KNIFEHAND GUARDING BLOCK SITTING STANCE	NAJUNDE SONKAL DUNG DAEBI MAKGI ANNUN SOGI
38	LOW KNIFEHAND GUARDING BLOCK SITTING STANCE	NAJUNDE SONKAL DAEBI MAKGI ANNUN SOGI
	PERFORM 37 & 38 IN A CONTINUOUS MOTION	
39	W-SHAPED BLOCK SITTING STANCE	SAN MAKGI ANNUN SOGI
	PERFORMED IN STAMPING MOTION	
40	W-SHAPED BLOCK SITTING STANCE	SAN MAKGI ANNUN SOGI
	PERFORMED IN STAMPING MOTION	
41	FOREARM RISING BLOCK WALKING STANCE	PALMOK CHOOKYO MAKGI GUNNUN SOGI
42	MIDDLE FOREFIST PUNCH WALKING STANCE	KAUNDE APJOOMUK JIRUGI GUNNUN SOGI
43	FOREARM RISING BLOCK WALKING STANCE	PALMOK CHOOKYO MAKGI GUNNUN SOGI
44	MIDDLE FOREFIST PUNCH WALKING STANCE	KAUNDE APJOOMUK JIRUGI GUNNUN SOGI

RIGHT FOOT BACK TO READY POSTURE



