Gae-Baek Step by Step

Ready posture: parallel ready stance

1. L stance while executing a checking block with an X-knife-hand
2. a low twisting kick
   Keep the position of the hands as they were in 1.
3. walking stance while executing a front punch
4. walking stance while executing a reverse middle punch
   3. - 4. fast motion
5. walking stance while executing a rising block
6. walking stance while executing a low block with the forearm
   5. - 6. continuous motion
7. walking stance while executing a high double arc-hand block
8. bending ready stance A
9. sitting stance while executing a scooping block with a palm
10. sitting stance while executing a front punch
    9. - 10. connecting motion
11. sitting stance while executing a front strike with the back fist
12. L stance while executing a middle guarding block
13. a side front snap kick
    Keep the position of the hands as they were in 12.
14. low stance while executing a high thrust with the flat finger tip
15. low stance while executing a reverse high thrust with the flat finger tip
16. a middle side piercing kick
    Pull both hands in the opposite direction.
17. L stance while executing a middle guarding block with the forearm
18. L stance while executing a middle guarding block with the forearm
19. L stance while executing a middle guarding block
20. sitting stance while executing a 9-shape block
21. walking stance while executing a low block with the knife-hand
22. a middle turning kick
23. jump forming a side piercing kick
    22. - 23. fast motion
24. walking stance while executing a high vertical punch with a twin fist
25. walking stance while executing a high double arc-hand block
26. walking stance while executing a upset punch with the fist

27. walking stance while executing a strike with the front elbow
28. jump forming X stance while executing a high block with the double forearm
29. sitting stance while executing a scooping block with a palm
30. sitting stance while executing a front punch
    29. - 30. connecting motion
31. sitting stance while executing a front strike with the back fist
32. walking stance while executing a high front strike with the reverse knife-hand
33. stepping a middle turning kick
34. walking stance while executing a high vertical punch with a twin fist
35. L stance while executing a middle knuckle fist middle punch
36. sitting stance while executing a 9-shape block
37. sitting stance while executing a low guarding block to B with a reverse knife-hand
38. sitting stance while executing a low guarding block with the knife-hand
    37. - 38. continuous motion
39. sitting stance while executing a W-shape block with the outer forearm
40. sitting stance while executing a W-shape block with the outer forearm
41. walking stance while executing a rising block
42. walking stance while executing a reverse middle punch
43. walking stance while executing a rising block
44. walking stance while executing a reverse middle punch

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