

Gae-Baek Parallel Ready Stance

1. Step right foot rearward into a right L-stance (facing north) while executing a (middle) X-block with the knife-hands.
- 2a. Maintain hand positions while executing a (right leg) twisting kick to the northeast.
- 2b. Set down into a right walking stance (facing north) while executing a (middle) straight punch.
- 2c. Maintain right walking stance while executing a (middle) reverse punch to the north.
- 3a. Step the right foot rearward into a left walking stance (facing north) while executing a (straight) high rising block.
- 3b. Maintain left walking stance while executing a (straight) low defense to the north.
4. Execute a redirection block while pivoting into a right walking (facing east).
5. Snap left foot into a right one-legged stance (facing southeast) while executing a double forearm block.
6. Step left foot into a straddle stance (facing southeast) while executing a (forward) left scooping block.
7. Maintain straddle stance while executing a (middle) right hand punch to the southeast.
8. Maintain straddle stance (facing southeast) while executing a left double-motion back-fist.
9. Half-step right foot to the northeast then step left foot into a right L-stance (facing south) while executing a double knife-hand block.
- 10a. Maintain hand positions while executing a (high, left leg) front snap kick to the south.
- 10b. Set down into a left walking stance (facing south) while executing a (high) straight flat-finger strike.
- 10c. Maintain left walking stance while executing a (high) reverse flat-finger strike to the south.
- 11a. Execute a (high, right leg) side-piercing kick to the south.
- 11b. Set down into a parallel stance (facing east) then step left foot into a right L-stance (facing north) while executing a guarding block.
12. Spin counterclockwise on left foot and step right foot rearward into a right L-stance (facing south) while executing a guarding block.
13. Spin counterclockwise on right foot and step left foot into a right L-stance (facing north) while executing a double knife-hand block.
14. Pivot left foot into a straddle stance (facing east) while executing a right nine-block.
15. Spin counterclockwise on left foot and step right foot rearward into a left walking stance (facing south) while executing a (straight) low defense with the knife-hand.
- 16a. Execute a (high, right leg) turning kick to the south.
- 16b. Set down to the southwest of left foot and execute a (right leg) jump side-piercing kick to the south.
- 16c. Set down into a right walking stance (facing south) while executing a vertical twin-fist punch.
17. Execute a redirection block while pivoting into a left walking (facing east).
18. Pivot into a right walking stance (facing south) while executing a reverse upset punch.

19. Half step right foot to the east, turn counterclockwise and step left foot into a left walking stance (facing north) while executing a reverse #2 elbow strike while pulling left palm to right elbow (right fist is palm down in crook of left elbow).
20. Jump to the north into a right X- stance (facing northwest) while executing a straight double forearm block.
21. Step left foot into a straddle stance (facing northwest) while executing a (forward) right scooping block.
22. Maintain straddle stance while executing a (middle) left hand punch to the northwest.
23. Maintain straddle stance (facing northwest) while executing a right double-motion back-fist.
24. Pivoting on right foot, turn counterclockwise and step left foot into a left walking stance (facing south) while executing a (high, guarded) reverse ridge-hand strike (left hand executes a downward palm block under right elbow; left hand starts palm forward in front of outer shoulder, right hand from hip).
- 25a. Pivot left foot to the southeast then execute a (high, right leg) turning kick to the south.
- 25b. Pivot on left foot and step right foot rearward into a left walking stance (facing north) while executing a vertical twin-fist punch.
26. Shift left foot into a right L-stance (facing north) while executing a (middle, guarded) reverse (middle-knuckle) uppercut (left side-fist to right shoulder).
27. Step right foot into a straddle stance (facing west) while executing a left nine-block.
- 28a. Maintain straddle stance while simultaneously executing a (low) left ridge-hand block and a (low) right knife-hand guard to the west.
- 28b. Maintain straddle stance while executing a (low) double knife-hand block to the north.
29. Spin clockwise on right foot and stomp left foot into a straddle stance (facing east) while executing a W-Block.
30. Spin clockwise on right foot and stomp left foot into a straddle stance (facing west) while executing a W-Block.
31. Step right foot into a right walking stance (facing south) while executing a (straight) high-rising block.
32. Maintain right walking stance while executing a (middle) reverse punch to the south.
33. Half step right foot to the east, turn counterclockwise and step left foot into a left walking stance (facing north) while executing a (straight) high-rising block.
34. Maintain left walking stance while executing a (middle) reverse punch to the north.

Move Right Foot To Paro

Pattern Count: 34

(Techniques: 44)

Definition: **Gae-Baek**: The student of this pattern is reminded of the necessity of Discipline in learning and life.
(2nd. Degree Pattern with Gold Dot.)