

Gwang-Gae
Parallel Stance with Heaven Hands

1. Quickly separate hands and left leg to about shoulder width (arms extended and left foot raised slightly above floor). Continue movement bringing hands and feet to a close ready stance B (moving hands in a slower, circular motion).
2. Step left foot into a left walking stance (facing north) while executing a (measured) reverse upset punch to the ribs.
3. Step right foot into a right walking stance (facing north) while executing a (measured) reverse upset punch to the ribs.
- 4a. Step left foot across right foot and step right foot into a right walking stance (facing north) while executing a (modified) hooking block (arm extended 3/4 length).
- 4b. Step right foot rearward into a right L-stance (facing north) while executing a (low) double knife-hand block.
- 5a. Step right foot across left foot and step left foot into a left walking stance (facing north) while executing a single knife-hand block.
- 5b. Step left foot rearward into a left L-stance (facing north) while executing a (low) double knife-hand block.
6. Snap left foot into a right rear-foot stance (facing north) while executing a double knife-hand block.
7. Snap right foot into a left rear-foot stance (facing north) while executing a double knife-hand block.
8. Step left foot just northwest of right foot, turn counterclockwise and step right foot rearward into a left walking stance (facing south) while executing a (measured, forward) reverse scooping block.
9. Step right foot into a right walking stance (facing south) while executing a (measured, forward) reverse scooping block.
10. Drive both hands together and upward then outward and down in a circular motion striking left palm with right knife-hand (both hands come together in front of the lower abdomen) while drawing left foot into a close ready stance (facing south).
- 11a. Maintain hand positions while executing a (low, left leg) side-piercing kick to the east.
- 11b. Maintain hand positions while executing a (high, left leg) side-piercing kick to the east.
- 11c. Set down into a right L-stance (facing east) while executing a (guarded, inward) reverse knife-hand strike to the southeast (left side-fist to right shoulder).
12. Maintain hand positions and draw left foot into a close ready stance (facing south) while executing a (high, downward) left hammer-fist strike to the east (left hand shoulder high, right fist to right hip).
- 13a. Maintain hand positions while executing a (low, right leg) side-piercing kick to the west.
- 13b. Maintain hand positions while executing a (high, right leg) side-piercing kick to the west.
- 13c. Set down into a left L-stance (facing west) while executing a (guarded, inward) reverse knife-hand strike to the southwest (right side-fist to left shoulder).
14. Maintain hand positions and draw right foot into a close ready stance (facing south) while executing a (high, downward) right hammer-fist strike to the west (right hand shoulder high, left fist to left hip).

15. Step left foot into a left walking stance (facing south) while executing a (measured) straight pressing block.
16. Step right foot into a right walking stance (facing south) while executing a (measured) straight pressing block.
17. Spin clockwise on left foot and step right foot into a straddle stance (facing west) while executing a (high, outward) right back-fist strike to the north.
18. Shift right foot into a right walking stance (facing north) while executing a (straight) double forearm block.
- 19a. Maintain right hand position and scoot rearward maintaining right walking stance while executing a reverse low defense to the north.
- 19b. Maintain right walking stance while executing a (high, measured) straight flat-finger strike to the north (left fist is retracted to left hip).
20. Turn counterclockwise and step left foot into a straddle stance (facing west) while executing a (high, outward) left back-fist strike to the south.
21. Shift right foot into a left walking stance (facing south) while executing a (straight) double forearm block.
- 22a. Maintain left hand position and scoot rearward maintaining left walking stance while executing a reverse low defense to the south.
- 22b. Maintain left walking stance while executing a (high, measured) straight flat-finger strike to the south (right fist is retracted to right hip).
23. Stomp right foot into a right walking stance (facing south) while executing a (high) vertical twin-fist punch.
24. Pivot counterclockwise on right foot and stomp left foot into a left walking stance (facing east) while executing a double upset punch.
- 25a. Maintain hand positions while executing a (high, right leg) front-snap kick to the east.
- 25b. Set down in front of left foot and spin clockwise on right foot and step left foot rearward into a left L-stance (facing west) while executing a double knife-hand block.
26. Step left foot into a left walking stance (facing west) while executing a (high) straight punch.
27. Stomp right foot into a right walking stance (facing west) while executing a double upset punch.
- 28a. Maintain hand positions while executing a (high, left leg) front-snap kick to the west.
- 28b. Set down in front of right foot and spin counterclockwise on left foot and step right foot rearward into a right L-stance (facing east) while executing a double knife-hand block.
29. Step right foot into a right walking stance (facing east) while executing a (middle) straight punch.

Move Left Foot To Paro

Pattern Count: 29

(Techniques: 39)

Definition: **Gwang-Gae:** This pattern reminds the practitioner to strive to always expand one's experiences and knowledge of life, while remaining faithful to basic values.

(2nd. Degree Pattern with Gold Dot.)