

KWANG-GAE HYUNG

10th Form

Kwang-Gae is the form required for Black Belt

Page 1 OF 2

2/1/2015

☆ = Kiai - in Black Belt forms Kiais go where ever the practitioner puts them

□ = open ready stance like Chung-bi with feet, but hands are open above head with thumb and fingers forming a triangle

* = left hand over right fist ▲ = Perform #1, 2 & 3 and #10, 11 & 12 and #21 & 22 and # 26 & 30 in slow motion S = after stepping back with front foot, slide back foot to back stance

≈ = Perform #4 & 6 in a double stepping motion Δ = #8 & 9 are CAT stances ± = move left foot forward and to the left, then turn counter-clockwise to form a left forward stance

R = back view of Ready Stance V = bring left foot to right foot while bringing arms in a circular motion in front of abdomen with right knife-hand in palm of left knife-hand

→ = Perform #13 & 14, and #17 & 18 in fast motion √ = opposite fist in front of shoulder of knife-hand arm

P = pulling front foot to back foot M = leaving hands as they were in previous move † = #21,22,26 & 30 slipping front foot into low forward stance ↓ = both palms down

■ = Perform #23 & 27 and #32 & 36 in a stomping motion A = leaving top hand as it was in previous move Q = raise back leg and shift (slide) stance backward while blocking



Ready □ 1 CRSB *▲ 2a MUPT ↓▲ 2b MUPP ▲ 3a MUPT ↓▲ 3b MUPP ▲ 4 HHKB ≈ 5 LGKB S 6 HHKB ≈ 7 LGKB S



8 HGKB Δ 9 HGKB Δ 10 MPMB ±▲ 11 MPMB ▲ 12a R ▲ 12b V ▲ 13 LPRK M → 14 MSTK M 15 MIKS √ 16 HHFS P



17 LPRK M → 18 MSTK M 19 MIFS √ 20 HHFS P 21 DDPB †▲ 22 DDPB †▲ 23 HSBS ■ 24 MDFB 25 LOFB A Q 26 HFTS †▲



TM

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Page 2 OF 2

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∞ = lower kicking foot next to other foot, then move other foot forward turning to a back stance facing opposite direction

♣ = move left foot to right and back to CRSB

Note: moves #27 to 30 are the same moves as #23 to 26 done in the opposite direction



27 HSBS ■ 28 MDFB 29 LOFB A Q 30 HFTS † ▲ 31 HTVP 32 MDUP ■ 33 MFSK M 34 MGKB ∞ 35 HLGP 36 MDUP ■



37 MFSK M 38 MGKB ∞ 39 HLGP 40 CRSB ♣ * Ready □



See [Forms Abbreviations Sheet](#) for meanings of four letters codes under pictures.