

## Gae Baek Tul

Stances	Techniques
1. L-stance <b>Ninja sogi</b> (Niunja so kyocha sonkal makgi)	X Knife hand block <b>Kyocha sonkal makgi</b>
2. N/A  (Najunde bituro chagi)	Low twisting kick <b>Najunde bituro chagi</b>
3. Walking stance <b>Gunnun sogi</b> (Gunnun so baro jirugi)	Obverse punch <b>Baro jirugi</b>
4. Walking stance <b>Gunnun sogi</b> (Gunnun so bandae jirugi)	Reverse punch <b>Bandae jirugi</b>
5. Walking stance <b>Gunnun sogi</b> (Gunnun so chookyo makgi)	Rising block <b>Chookyo makgi</b>
6. Walking stance <b>Gunnun sogi</b> (Gunnun so najunde bakat palmok makgi)	Low outer forearm block <b>Najunde bakat palmok magi</b>
7. Walking stance <b>Gunnun sogi</b> (Gunnun so nopunde doo bandalson makgi)	High double arc hand block <b>Nopunde doo bandalson makgi</b>
8. Bending ready stance <b>Goobooryo junbi sogi</b> (Goobooryo junbi sogi A)	Forearm guarding block <b>Palmok daebi makgi</b>
9. Sitting stance <b>Annun sogi</b> (Annun so duro makgi)	Scooping block <b>Duro makgi</b>
10. Sitting stance <b>Annun sogi</b> (Annun so kaunde ap joomuk jirugi)	Middle fore fist punch <b>Kaunde ap joomuk jirugi</b>
11. Sitting stance <b>Annun sogi</b> (Annun so ap dung joomuk taerigi)	Front back fist strike <b>Ap dung joomuk taerigi</b>

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| 12. L-stance<br><b>Niunja sogi</b><br>(Niunja so sonkal daebi makgi)         | Knife hand guarding block<br><b>Sonkal daebi makgi</b>            |
| 13. N/A<br><br>(Ap cha bisugi)   | Front snap kick<br><b>Ap cha bisugi</b>                           |
| 14. Low stance<br><b>Nachuo sogi</b><br>(Nachuo so baro opun sonkut tulgi)   | Obverse flat finger tip thrust<br><b>Baro opun sonkut tulgi</b>   |
| 15. Low stance<br><b>Nachuo sogi</b><br>(Nachuo so bandae opun sonkut tulgi) | Reverse flat finger tip thrust<br><b>Bandae opun sonkut tulgi</b> |
| 16. N/A<br><br>(Kaunde yop cha jirugi)                                       | Middle side piercing kick<br><b>Kaunde yop cha jirugi</b>         |
| 17. L-stance<br><b>Niunja sogi</b><br>(Niunja so palmok daebi makgi)         | Forearm guarding block<br><b>Palmok daebi makgi</b>               |
| 18. L-stance<br><b>Niunja sogi</b><br>(Niunja so palmok daebi makgi)         | Forearm guarding block<br><b>Palmok daebi makgi</b>               |
| 19. L-stance<br><b>Niunja sogi</b><br>(Niunja so sonkal daebi makgi)         | Knife hand guarding block<br><b>Sonkal daebi makgi</b>            |
| 20. Sitting stance<br><b>Annun sogi</b><br>(Annun so gutja makgi)            | Nine-shape block<br><b>Gutja makgi</b>                            |
| 21. Walking stance<br><b>Gunnun sogi</b><br>(Gunnun so najunde sonkal makgi) | Low knife hand block<br><b>Najunde sonkal makgi</b>               |
| 22. N/A<br><br>(Dollyo chagi)  | Turning kick<br><b>Dollyo chagi</b>                               |
| 23. N/A<br><br>(Twimyo yop cha jirugi)                                       | Flying side piercing kick<br><b>Twimyo Yop cha jirugi</b>         |
| 24. Walking stance<br><b>Gunnun sogi</b><br>(Gunnun so sang sewo jirugi)     | Twin vertical punch<br><b>Sang sewo jirugi</b>                    |

25. Walking stance  
**Gunnun sogi**  
(Gunnun so doo bandalson makgi) Double arc hand block  
**Doo bandalson makgi**
26. Walking stance  
**Gunnun sogi**  
(Gunnun so dwijibo jirugi) Upset punch  
**Dwijibo jirugi**
27. Walking stance  
**Gunnun sogi**  
(Gunnun so ap palkup taerigi) Front elbow strike  
**Ap palkup taerigi**
28. X-stance  
**Kyocho sogi**  
(Kyocho so doo palmok makgi) Double forearm block  
**Doo palmok makgi**
29. Sitting stance  
**Annun sogi**  
(Annun so duro makgi) Scooping block  
**Duro makgi**
30. Sitting stance  
**Annun sogi**  
(Annun so kaunde ap joomuk jirugi) Middle fore fist punch  
**Kaunde ap joomuk jirugi**
31. Sitting stance  
**Annun sogi**  
(Annun so ap dung joomuk taerigi) Front back fist strike  
**Ap dung joomuk taerigi**
32. Walking stance  
**Gunnun sogi**  
(Gunnun so dung sonkal taerigi) Reverse knife hand strike  
**Dung sonkal taerigi**
33. N/A  
(Dollyo chagi) Turning kick  
**Dollyo chagi**
34. Walking stance  
**Gunnun sogi**  
(Gunnun so sang sewo jirugi) Twin vertical punch  
**Sang sewo jirugi**
35. L-stance  
**Niunja sogi**  
(Niunja so joongji joomuk kaunde jirugi) Middle knuckle fist middle punch  
**Joongji joomuk kaunde jirugi**
36. Sitting stance  
**Annun sogi**  
(Annun so gutja makgi) Nine shape block  
**Gutja makgi**
37. Sitting stance  
**Annun sogi**  
(Annun so najunde sonkal dung daebi makgi) Low reverse knife hand guarding block  
**Najunde sonkal dung daebi makgi**

38. Sitting stance  
**Annun sogi**  
(Annun so najunde sonkal daebi makgi)  
Low knife hand guarding block  
**Najunde sonkal daebi makgi**
39. Sitting stance  
**Annun sogi**  
(Annun so san makgi)  
W shape block  
**San makgi**
40. Sitting stance  
**Annun sogi**  
(Annun so san makgi)  
W shape block  
**San makgi**
41. Walking stance  
**Gunnun sogi**  
(Gunnun so chookyo makgi)  
Rising block  
**Chookyo makgi**
42. Walking stance  
**Gunnun sogi**  
(Gunnun so bandae jirugi)  
Reverse punch  
**Bandae jirugi**
43. Walking stance  
**Gunnun sogi**  
(Gunnun so chookyo makgi)  
Rising block  
**Chookyo makgi**
44. Walking stance  
**Gunnun sogi**  
(Gunnun so bandae jirugi)  
Reverse punch  
**Bandae jirugi**