

Black Belt: Black signifies the darkness beyond the Sun.

A black belt seeks new, more profound knowledge of their Art.

As the student begins teaching others, they are planting new seeds and must help them grow and mature. The new students, many whom will form their own roots deep into the Art, blossom and grow through the ranks in a never-ending process of growth, knowledge, and enlightenment.

Probationary & Recommended 1st Degree Black Belt Form Gwang-Gae (39 Moves)

Move Number	Direction / Turn	Stance	Foot Technique	Hand Technique
Ready Stance - Parallel Stance with Heaven Hands				
1		Right One-Leg Stance		Twin Downward Knifehand Strike
2	Transition	Ready Stance "B"		
3	Step Forward	Left Front Stance		Right Reverse Uppercut Press
4	Step Forward	Right Front Stance		Left Reverse Uppercut Press
5	Two Steps Forward	Right Front Stance		Right Hooking Block (Medium)
6	[right leg steps backward]	Left Back Stance		Left Low Double Knifehand Block
7	Two Steps Forward	Left Front Stance		Left Hooking Block (Medium)
8	[left leg steps backward]	Right Back Stance		Right Low Double Knifehand Block
9	Step Forward	Left Cat Stance		Left Double Knifehand Block
10	Step Forward	Right Cat Stance		Right Double Knifehand Block
11	Right 180° Turn	Left Front Stance		Right Reverse Upward Palm Heel Press High
12	Step Forward	Right Front Stance		Left Reverse Upward Palm Heel Press High
13	Step Forward	Closed Stance		Right Knifehand Low [into left palm]
14			Left Side Kick Low	

15			Left Side Kick High	
16		Left Back Stance		Right Reverse Inverted Knifehand High
17		Closed Stance		Left Hammerfist
18			Right Side Kick Low	
19			Right Side Kick High	
20		Right Back Stance		Left Reverse Inverted Knifehand High
21		Closed Stance		Right Hammerfist
22	Step Forward	Left Front Stance		Right Reverse Downward Palm Heel Press
23	Step Forward	Right Front Stance		Left Reverse Downward Palm Heel Press
24	Right 180° Turn		Right Outside Crescent Kick	
25		Sitting Stance		Right Backfist
26	[left leg shifts]	Right Front Stance		Right Double Inner Forearm Block
27	[jump backward]	Right Front Stance		Right Inner Forearm/Left Reverse Low Block
28	[shift right foot forward]	Right Fixed Stance		Right Horizontal Spearhand High
29	Left 180° Turn		Left Outside Crescent Kick	
30		Sitting Stance		Left Backfist
31	[right leg shifts]	Left Front Stance		Left Double Inner Forearm Block
32	[jump backward]	Left Front Stance		Left Inner Forearm/Right Reverse Low Block
33		Left Fixed Stance		Left Horizontal Spearhand High

34	Step Forward	Right Front Stance		Twin Punch High
35	Left 90° Turn	Left Front Stance		Twin Upset Punch Middle
36			Right #2 Front Kick	
	Transition - Step Forward			
37	Right 180° Turn	Right Back Stance		Right Double Knifehand Block
38	Step Forward	Left Front Stance		Left Punch High
39	Step Forward	Right Front Stance		Twin Upset Punch Middle
40			Left #2 Front Kick	
	Transition - Step Forward			
41	Left 180° Turn	Left Back Stance		Left Double Knifehand Block
42	Step Forward	Right Front Stance		Right Punch High