

Complete Basic Movement Drill 1-3

Left Rising block, Right Rising block to
Left Middle punch to Right Middle punch (Gihap)
Left Low block, Right Low block to
Left Middle punch to Right Middle punch (Gihap)
Left Outside block to Right Outside block
Left Middle punch to Right Middle punch (Gihap)
Left Inside block to Right Inside block
Left Middle punch to Right Middle punch (Gihap)

Note: Judging criteria is based on 1) Knowledge of technique 2) Execution 3) Confidence. Please refer to notes below