



Complete Basic Movement Drill 1-4

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)
Left Single knife hand block to side in back stance
pushing into left Forward stance, right Middle punch, left High punch (Gihap),
Right Single knife hand block to side in back stance
pushing into right Forward stance, left Middle punch, right High punch (Gihap)
Low cleaving block in Horse riding stance facing front (in 10 seconds)
Right Low punch, left Middle punch, right High punch (Gihap)