



## Complete Basic Movement Drill 1-7

<b>Left Rising block, Right Rising block to</b>
<b>Left Middle punch to Right Middle punch (Gihap)</b>
<b>Left Low block, Right Low block to</b>
<b>Left Middle punch to Right Middle punch (Gihap)</b>
<b>Left Outside block to Right Outside block</b>
<b>Left Middle punch to Right Middle punch (Gihap)</b>
<b>Left Inside block to Right Inside block</b>
<b>Left Middle punch to Right Middle punch (Gihap)</b>
<b>Left Single knife hand block to side in back stance</b>
<b>pushing into left Forward stance, right Middle punch, left High punch (Gihap),</b>
<b>Right Single knife hand block to side in back stance</b>
<b>pushing into right Forward stance, left Middle punch, right High punch (Gihap)</b>
<b>Low cleaving block in Horse riding stance facing front (in 10 seconds)</b>
<b>Right Low punch, left Middle punch, right High punch (Gihap)</b>
<b>Knife hand block in back stance to left side to</b>
<b>Knife hand block in back stance to right side</b>
<b>Right Knife hand strike (palm up) to</b>
<b>Left Knife hand strike (palm up) to front (Gihap)</b>
<b>Crossed wrist block (Starting from right side)</b>
<b>Right Back fist to Left Back fist (Gihap)</b>
<b>Cleaving block</b>
<b>Left Knife hand strike (palm down) to</b>
<b>Right Knife hand strike (palm down) (Gihap)</b>
<b>Assisted right Elbow strike to the side to</b>
<b>Assisted left Elbow strike to the side (Gihap)</b>
<b>Right Curving elbow Target strike to right Back fist to Double punch (Gihap)</b>
<b>Left Curving elbow Target strike to left Back fist to Double punch (Gihap)</b>