



Complete Basic Movement Drill 1-9

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)
Knife hand block in back stance to left side to
Knife hand block in back stance to right side
Right Knife hand strike (palm up) to
Left Knife hand strike (palm up) to front (Gihap)
Crossed wrist block (Starting from right side)
Right Back fist to Left Back fist (Gihap)
Cleaving block
Left Knife hand strike (palm down) to
Right Knife hand strike (palm down) (Gihap)
Assisted right Elbow strike to the side to
Assisted left Elbow strike to the side (Gihap)
Right Curving elbow Target strike to right Back fist to Double punch (Gihap)
Left Curving elbow Target strike to left Back fist to Double punch (Gihap)
Right Batangson Low block to
Left Batangson Low block
Right Scissor block to left Scissor block
Right Knife hand strike in Back stance to right side (palm down) to
Left Knife hand strike in Back stance to left side (palm down) (Gihap)
Right Rising elbow into right Hammer fist to the front (Gihap) to
Left Rising elbow into left Hammer fist to the front (Gihap)
Right Gumgang Makgi in crane stance (in 10 seconds) to
Left Gumgang Makgi in crane stance (in 10 seconds)
Right Ridge hand left Batangson, right Kal jebi (Gihap)
On the command "Gumon" Slide Right foot back into Choombi stance

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