



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)