



Complete Basic Movement Drill 1-6

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)