

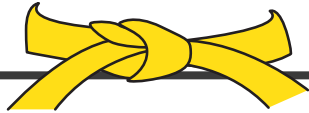
SA BHANG MAKU CHAGI

Four Direction Block & Kick

These exercises are to be performed in both directions, starting with the right foot back, then changing sides after completing four directions.

Note The highlighted numbers also relate to grade relevant techniques.

NUMBER 1



Techniques :

Low outer Forearm block - Najunde Bakat Palmok Makgi

Low Front Snap kick – Najunde Apcha Busigi

Middle Obverse Fore-fist punch – Kaunde Baro Ap Joomuk Jirugi

Step back into a walking stance perform a low outer forearm block

Moving forward perform a low front snap kick from the rear leg

stepping the kicking foot forward into a walking stance perform an obverse fore fist punch.

NUMBER 2



Techniques :

Low Knife hand block - Najunde Sonkal Makgi

Middle Side piercing kick – Najunde Yopcha Jirugi

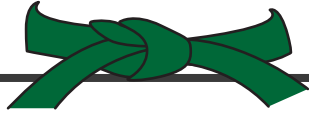
Middle Inner forearm block – Kaunde An Palmok Makgi

Step back into a walking stance perform a low knife hand block. Moving forward perform a middle side piercing kick from the rear leg, stepping the kicking foot forward into an L stance perform an inner forearm block.



SA BHANG MAKO CHAGI

NUMBER 3



Techniques :

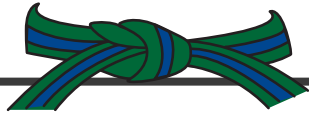
Outer forearm rising block – Bakat Palmok ChookyoMakgi

Middle Turning kick – Najunde Dollyo Chagi

Twin forearm block – Sang Palmok Makgi

Step back into a walking stance perform a outer forearm rising block. Moving forward perform a middle turning kick from the rear leg, stepping the kicking foot forward into an L stance perform a twin forearm block.

NUMBER 4



Techniques :

Outer forearm high side block – Bakat Palmok Nopunde Yop Makgi

High Hooking kick – Nopunde Golcho Chagi

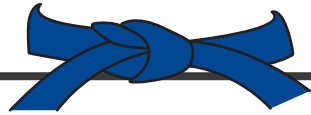
High double forearm block – Nopunde Doo Palmok Makgi

Step back into a walking stance perform an outer forearm high side block. Moving forward perform a high hooking kick from the rear leg, stepping the kicking foot forward into a walking stance perform a high double forearm block.



SA BHANG MAKO CHAGI

NUMBER 5



Techniques :

Knife hand guarding block – Kaunde Sonkal Daebi Makgi

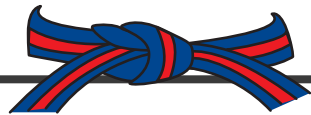
High reverse hooking kick – Nopunde Bandae Dollyo Goro Chagi

Middle turning kick – Kaunde Dollyo Chagi

Middle Knife hand side strike – Kaunde Sonkal Yop Taerigi

Step back into an L stance perform a Knifehand guarding block. Consecutively perform a high reverse hooking kick followed by a middle turning kick, , lower the foot into an L stance perform a middle Knife hand side strike.

NUMBER 6



Techniques :

Upward palm block – Ollyo Sonbadak Makgi

Outer vertical hook kick – Golcha Chagi

Middle side piercing kick – Kaunde Yopcha Jirugi

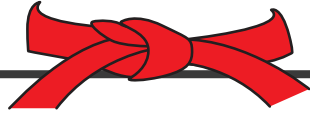
Middle reverse Knife hand guarding block – Kaunde Sonkal Dung Daebi Makgi

Step back into a rear foot stance perform an upward palm block. Moving forward with the rear leg, consecutively perform a high outer vertical hook kick followed by a middle side piercing kick, stepping the foot into an L stance perform a middle reverse knife hand guarding block.



SA BHANG MAKO CHAGI

NUMBER 7



Techniques :

Inner forearm circular block – Dollimyo makgi

Inward Crescent kick – Anuro Bandal Chagi

Middle side piercing kick – Kaunde Yopcha Jirugi

High side kick – Nopunde Yop Chagi

Middle turning kick – Kaunde Dollyo Chagi

High turning kick – Nopunde Dollyo Chagi

W shape block – San Makgi

Step back into a walking stance perform a circular block block with the inner forearm. Moving forward with the rear leg, consecutively perform an inward crescent, middle side piercing kick, high side kick, middle turning kick and a high turning kick, lower the foot forming a sitting stance perform a W shape block with the forearms.

NUMBER 8



Techniques :

Twin knife hand block – Sang Sonkal makgi

Sweeping kick – Suroh chagi

Side Checking kick – Yopcha Momchagi

High side thrusting kick – Nopunde Yop Cha Tulgi

Middle twisting kick – Kaunde Bituro Chagi

Twin vertical punch – Sang Sewo Jirugi

Step back into an L stance perform a twin knife hand block. Moving forward with the rear leg, consecutively perform a sweeping kick, side checking kick, side thrusting kick and a middle twisting kick, lower the foot forming a walking stance perform a twin vertical punch.

