



Lee's Martial Arts Academy

Discover the Power of Positive Thinking!

3270 California Ave SW, West Seattle, WA

(206) 938-3375



Kicking Form #5 Balchagi Oh chang (발 차기 오 전)

- Ready stance
- Turn Left (right fighting stance)
- Left Switch kick (feet switch, shoulders stay same), left roundhouse
- Right foot turn Back Kick
- Right hoping roundhouse
- Turn around back kick (left foot)
- Right facing fighting stance
- Turn Right (left fighting stance)
- Right Switch kick (feet switch, shoulders stay same), right roundhouse
- Left foot turn Back Kick
- Left hoping roundhouse
- Turn around back kick (right foot)
- Turn to the left, facing front (centering), Right fighting stance (*ki-hap*)
- Right foot low & middle round kick (foot not touching floor between kicks)
- Left Step forward, right turn back kick
- Double retreat (2 steps back)
- Left foot turn back kick (*ki-hap*)
- Turn Left (right fighting stance)
- Right foot jump round kick
- Left foot axe kick
- Right foot full turn snap kick (right fighting stance)
- Turn Right (left fighting stance)
- Left foot jump round kick
- Right foot axe kick
- Left foot full turn snap kick (left fighting stance)
- Turn to the right (back), left fighting stance (*ki-hap*)
- Left foot low & middle round kick (foot not touching floor between kicks)
- Right Step forward, left turn back kick
- Double retreat (2 steps back)
- Right foot turn back kick (*ki-hap*)
- Return to the left to ready stance
- Cha-ryut (attention)
- Kyung-yeh (bow)

