



Lee's Martial Arts Academy

Discover the Power of Positive Thinking!

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Kicking Form #6 Balchagi Yuk chang (발 차기 오 전)

- Turn left, triple step (right fighting, left foot slide back, right foot step, left foot step forward), right foot round house kick, step forward turn back kick (right foot), one step back, left sliding round kick.
- Turn right, triple step (left fighting, right foot slide back, left foot step, right foot step forward), left foot round house kick, step forward turn back kick (left foot), one step back, right sliding round kick.
- Turn left (centering to the front, right fighting), *ki-hap*, 360° turn Right Round kick, double round kick, switch feet, turn back kick (right foot), *ki-hap*
- Turn left (right fighting), low right round kick, right hook kick, double round kick (left-right), right butterfly round kick.
- Turn 180° right (left fighting), low left round kick, left hook kick, double round kick (right-left), left butterfly round kick.
- Turn right (centering to the back, left fighting), 360° turn left round kick, double round kick, switch feet, jump turn back kick (left foot), *ki-hap*.
- Return to the left to ready stance
- Cha-ryut (attention)
- Kyung-yeh (bow)

