



Lee's Martial Arts Academy

Discover the Power of Positive Thinking!

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Kicking Form #7 Balchagi Chil chang (발 차기 오 전)

- Turn left, right leg (in the air), right front kick, round kick, side kick, left round kick right turn 360° snap, right round kick left 360° turn snap.
- Turn right, left leg (in the air), left front kick, round kick, side kick, right round kick left turn 360° snap, left round kick right 360° turn snap.
- Turn left (center to the front), **ki-hap**, right/left/right triple round kick, right butterfly, switch, right turn snap kick, step forward left turn back kick **ki-hap**
- Turn left (right fighting) one step forward, left turn back kick, right leg round kick 3 times, right butterfly kick; one step forward right turn back kick, left leg round kick 3 times, left butterfly kick.
- Turn right, right round kick, one step back left round kick, hopping ax kick (left), turn snap kick (right, full turn snap kick), one step forward left turn back kick.
- Turn right (centering to the back), **ki-hap**, triple round kick (left/right/left), left butterfly kick, switch turn snap kick (left), jump 360 turn back kick (right), **ki-hap**

