



Lee's Martial Arts Academy

Discover the Power of Positive Thinking!

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Kicking Form #2: Balchagi I chang (발 차기 이 전)

- Ready stance
- Turn Left- (right-facing) fighting stance
- Back leg (right foot) side kick
- Left Turn Back kick
- Right facing fighting stance

- Turn Right (left-facing) fighting stance
- Back leg (left foot) side kick
- Right Turn Back kick

- Center right-facing fighting stance (*ki-hap*)
- (Right foot) roundhouse
- Right butterfly
- Left Turn Back kick (*ki-hap*)

- Turn Left –(right-facing) fighting stance
- Back leg Hook kick (right foot)
- Step side kick (right foot)

- Turn Right (left-facing) fighting stance
- Back leg Hook kick (left foot)
- Step side kick (left foot)

- Center (left-facing) fighting stance (*ki-hap*)
- Roundhouse (left foot)
- Left Butterfly
- Right Turn Back kick (*ki-hap*)

- Return to the left to ready stance
- Cha-ryut (attention)
- Kyung-yeh (bow)

