



Lee's Martial Arts Academy

Discover the Power of Positive Thinking!

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Kicking Form #3: Balchagi Sam chang (발 차기 삼 전)

- Ready stance
- Turn Left
- Left hand downblock, right hand punch] (left foot forward)
- Right Roundhouse
- Left Spinning hook kick (1/2 snap kick)
- Turn Right
- Right hand downblock, left hand punch] (right foot forward)
- Left Roundhouse
- Right Spinning hook kick (1/2 snap kick)
- Face front (right fighting stance) (*ki-hap*)
- Right Roundhouse
- Butterfly
- Left Spinning Hook kick (1/2 snap kick) (*ki-hap*)
- Turn Left (right fighting stance)
- Front leg (left) cut kick (or “check” kick)
- Right Roundhouse
- Right Butterfly
- Left Spinning Hook kick (1/2 snap kick)
- Turn Right (left fighting stance)
- Front Leg (right) cut kick (“check” kick)
- Left Roundhouse
- Left Butterfly
- Right Spinning Hook kick (1/2 snap kick)
- Center facing to the back (left fighting stance) (*ki-hap*)
- Left Roundhouse
- Left Butterfly
- Right Spinning Hook kick (1/2 snap kick) (*ki-hap*)
- Return to the left to ready stance
- Cha-ryut (attention)
- Kyung-yeh (bow)

