



Lee's Martial Arts Academy

Discover the Power of Positive Thinking!

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Kicking Form #4 Balchagi Sa chang (발 차기 사전)

- Ready stance
- Turn Left (right-facing) fighting stance
- Back leg (right) cut kick (check kick)
- Left Roundhouse
- Right Axe kick

- Turn Right (left fighting stance)
- Back leg (left) cut kick (check kick)
- Right Roundhouse
- Left Axe kick

- Center to the front (Right fighting stance) (*ki-hap*)
- Skipping axe kick (left foot)
- Roundhouse (right foot)
- Left foot cut kick, right foot jump turn back kick (*ki-hap*)

- Turn left (right fighting stance)
- Right Back-leg side kick
- Right Step side kick
- Left Turn Back kick

- Turn Right (left fighting stance)
- Left Back-leg side kick
- Left Step side kick
- Right Turn Back kick

- Center to the back (left fighting stance) (*ki-hap*)
- Double roundhouse (left-right)
- Roundhouse (left)
- Cut Kick (right foot) Jumping back kick (left foot) (*ki-hap*)

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

