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| **ILL NAMU MUGI MAGKI SERIES** |

FIRST WOOD WEAPON BLOCKING SERIES

# HA-NA. HIGH HORIZONTAL BLOCK (SKIP IN)

# DUL. LOW HORIZONTAL BLOCK (SKIP IN)

# SET. STRONG SIDE VERTICAL BLOCK

# (SKIP IN SIDE STANCE)

# NET WEAK SIDE VERTICAL BLOCK

# (STEP THROUGH SIDE STANCE)

# 

# TA-SOT. FRONT VERTICAL SWEEP BLOCK

# YA-SOT HIGH TIP END BLOCK

# IL-GOP LOW TIP END BLOCK

# YOL-DOL. HIGH BUTT END BLOCK

# (STEP THROUGH OR HIP SHIFT)

# AH-HOP. LOW BUTT END BLOCK

# (STEP THROUGH OR HIP SHIFT)

# YOL. VERTICAL LUNGE BLOCK (SKIP - SIDE STEP)

### THE ABOVE TECHNIQUES ARE TO BE PERFORMED IN A FIGHTING STANCE WITH

### THE WEAK HAND IN FRONT (KNUCKLES DOWN) AND THE STRONG HAND IN BACK (KNUCKLES UP). YOUR HAND POSITION DOES NOT CHANGE WHEN DOING THESE TECHNIQUES.

### SCHWARTZ’S SCHOOL OF TAE-KWON-DO

Established 1993 Scottdale, PA

10/2003

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| **ILL NAMU MUGI KONG-YOK SERIES** |

FIRST WOOD WEAPON ATTACK SERIES

# HA-NA. TIP END JAB (SKIP IN)

# DUL. HORIZONTAL MIDDLE STRIKE

(STEP IN FRONT STRAIGHT STANCE)

# SET. HORIZONTAL TIP END STRIKE

# NET VERTICAL TIP END STRIKE

# 

# 

# TA-SOT. ANGULAR TIP END STRIKE

# YA-SOT HORIZONTAL BUTT END STRIKE

(STEP THROUGH OR HIP SHIFT)

# IL-GOP VERTICAL BUTT END STRIKE

(STEP THROUGH OR HIP SHIFT)

# YOL-DOL. ANGULAR BUTT END STRIKE

# (STEP THROUGH OR HIP SHIFT)

# AH-HOP. BUTT END JAB (STEP BACK TO THE REAR)

# YOL. 2 HANDED CIRCULAR STRIKE (STEP-IN)

### THE ABOVE TECHNIQUES ARE TO BE PERFORMED IN A FIGHTING STANCE WITH

### THE WEAK HAND IN FRONT (KNUCKLES DOWN) AND THE STRONG HAND IN BACK (KNUCKLES UP). HAND POSITION WILL CHANGE ON THE LAST TECHNIQUE ONLY.

### SCHWARTZ’S SCHOOL OF TAE-KWON-DO

Established 1993 Scottdale, PA

10/2003