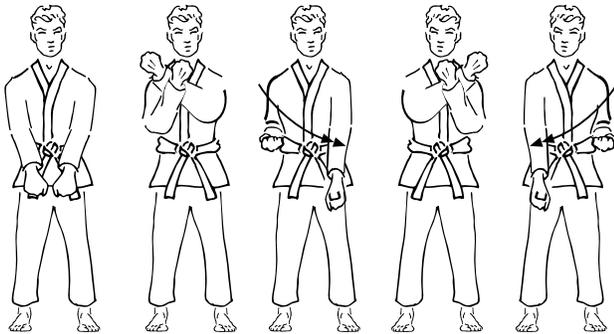
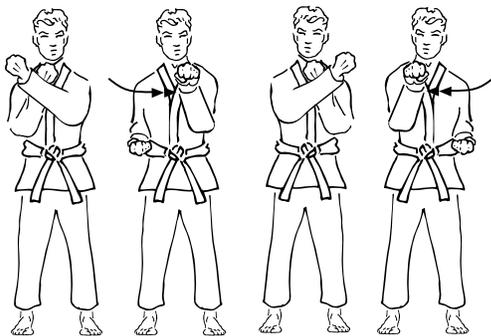


Basic Number One



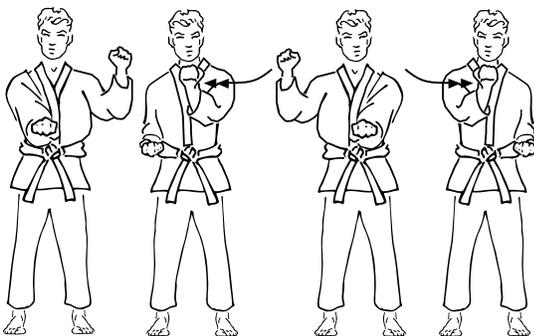
1. Junbee Seogi *Area Makki - Down Block*

Make sure blocking fist is parallel to same thigh two fist distance off of leg.



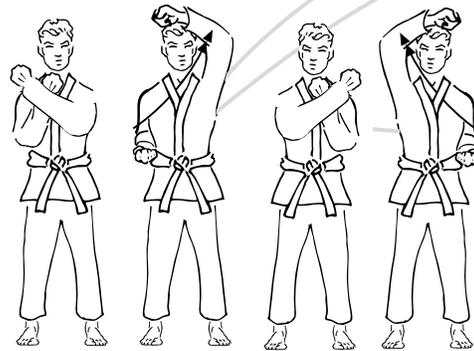
2. *Momtong Bakkat Makki - Outside Block*

Preparation is on outside of non-blocking arm, finish has palm facing out and NOT in. Knuckles should be shoulder height with bend of arm being 90-120 degrees.



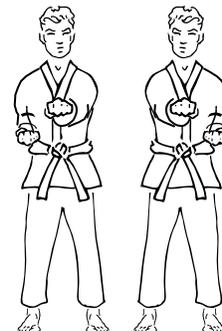
3. *Momtong Makki - Inside Block*

Preparation is from outside body not behind head or ear. Finish is forearm at center line of body with fist shoulder height and 90 - 120 degree arm bend.



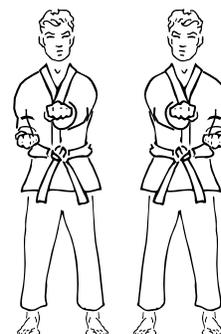
4. *Olgul Makki - Upper Block*

Preparation is on outside of non-blocking arm with finish having blocking wrist parallel to center line of body and wrist two fist distance in front of forehead



5. *Momtong Juruegi* Body Punch

Left then Right punch to Solar Plexis



6. *Momtong Dubeon Juruegi* Body Punch

Left, Right double punch to Solar Plexis. Shout!