

Sungshil Kwan Basic Drill Set

Master Mac's TangSooDo

8 point blocking (fs: front stance, bs: back stance)

- 1) Outside fs
- 2) Inside fs
- 3) Low fs
- 4) High fs
- 5) Low knife hand bs
- 6) Middle knife hand bs
- 7) Double middle fs
- 8) Cross middle bs

8 point kicking (always re-chambering and not putting the foot down)

- 1) Front
- 2) Side
- 3) Back
- 4) Outside crescent
- 5) Inside crescent
- 6) Hook to side (keep chambered knee out)
- 7) Roundhouse to side
- 8) Axe

8 point striking

- 1) Backfist
- 2) Reverse middle punch
- 3) Ridgehand
- 4) Reverse inverted knife hand
- 5) Supported Palm strike
- 6) Low hammer strike
- 7) Reverse plier hand
- 8) Supported spear hand

4 direction 8 count Drill

There are always 2 steps in this drill, always stepping with the left foot first then right, normal quick turns – not like found in the forms.

- 1) Step left (west) with left foot and perform 1st technique or combination
- 2) Step forward (west) with right foot and perform 2nd technique or combination
- 3) Turn counter clockwise with the left foot forward (east) and perform 3rd tech. or combo
- 4) Step forward (east) with right foot and perform 4th tech. or combo
- 5) Right foot turning clockwise (south) and with right foot forward perform 5th tech or combo
- 6) Step forward (south) with left foot and perform 6th tech or combo
- 7) Turn clockwise (north) with right foot forward and perform 7th tech or combo
- 8) Step forward (north) with left foot forward and perform 8th tech or combo.