



PRIMARY TAEKWON-DO

All pictures are taken from 'The Book of Patterns' and/or 'The Book of Moves' available from your instructor.

Sajo Makgi



Parallel ready stance



Walking stance
Low section knife hand block



Walking stance
Middle section block



Walking stance
Low section knife hand block



Walking stance
Middle section block



Walking stance
Low section knife hand block



Walking stance
Middle section block



Walking stance
Low section knife hand block



Walking stance
Middle section block



Walking stance
Low section block



Walking stance
Low section knife hand block



Walking stance
Middle section block



Walking stance
Low section knife hand block



Walking stance
Middle section block



Walking stance
Low section knife hand block



Walking stance
Middle section block



Walking stance
Low section knife hand block



Walking stance
Middle section block

There is no Kihap at the end of this exercise!

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