

BAG ROUTINE BASIC YUP CHAGGI

- 1) 10 Reps Back Position
- 2) 10 Reps Side Position
- 3) 10 Reps Front Position
- 4) 10 Reps Rear Front Position
- 5) 10 Reps Side Skip Position
- 6) 10 Reps Back Kick Turn Position
- 7) 10 Reps Step Turn Back Kick Position

FOR POWER KICK Do 1-2-3-4- with increased reps.

FOR TIMING KICK Kick only when bag reaches vertical position

POINTS - Swing bag as high as possible

Stand up straight

Tighten both legs on impact

All kicks pass through all positions to end in #1 position

Concentrate fully on each and every kick

Routine is effective only if done for minimum period of two months. Otherwise don't waste your time!!

George Anderson
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