

DAE HAN MARTIAL ARTS

Tae Kwon Do



Blue Belt

Hand Techniques	
1	Double knife hand block / DuSonNal GuhDulUhMakGee Back stance
2	Finger tips body stab / SonKkut MomTongJjiRuhGee Front stance
3	Bird form strike / JaeBeePoom MokChiGee Front stance
4	Back fist strike / DungJuMuhk InJungChiGee Front stance
5	Outside block two punches / BaKkatMakGee DuBunChiGee Front stance
6	Inside block two punches / AhnMakGee DuBunChiGee Front stance

Foot Techniques	
1	Front kick 2 punches / ApChaGee DuBunChiGee Front stance
2	Side kick 2 punches / YupChaGee DuBunChiGee Front stance
3	Roundhouse kick 2 punches / DoIYeoChaGee DuBunChiGee Front stance
4	Axe kick 2 punches / JjikAChaGee DuBunChiGee Front stance
5	Front kick back Kick / ApChaGee DweeChaGee Walking stance