

# DAE HAN MARTIAL ARTS

## Tae Kwon Do



### Brown Belt

<b>Hand Techniques</b>	
<b>1</b>	Hammer fist strike / <b>MaeJuMuhkChiGee</b> Horse stance
<b>2</b>	Finger tips neck stab / <b>SonKkut MokJjiRuhGee</b> Front stance
<b>3</b>	Elbow strike / <b>PalGgoopChiGee</b> Front stance
<b>4</b>	Half-moon block / <b>BanDalMakGee</b> Front stance
<b>5</b>	Back fist punch inside block / <b>DungJuMukChiGee AhnMakGee</b> Front stance
<b>6</b>	Crossed hands high block / <b>DuSon UtGulUh SangDanMakGee</b> Front stance
<b>7</b>	Crossed hands down block / <b>DuSon UtGulUh HaDanMakGee</b> Front stance

<b>Foot Techniques</b>	
<b>1</b>	1 leg double front kick / <b>HanBal YiDan ApChaGee</b> Walking stance
<b>2</b>	1 leg double side kick / <b>HanBal YiDan YupChaGee</b> Walking stance
<b>3</b>	1 leg double roundhouse kick / <b>HanBal YiDan DolYeoChaGee</b> Walking stance
<b>4</b>	Side kick side hammer fist / <b>YupChaGee MaeJuMuhk YupChiGee</b> Walking stance
<b>5</b>	High block front Kick / <b>SangDanMakGee ApChaGee</b> Walking stance
<b>6</b>	Side kick back side kick / <b>YupChaGee DweeDolA YupChaGee</b> Walking stance
<b>7</b>	Back swing kick / <b>DweeDolYeoChaGee</b> Walking stance