

# DAE HAN MARTIAL ARTS

## Tae Kwon Do



### Green Belt

<b>Hand Techniques</b>	
1	Knife hand outside block / <b>SonNal BaKkatMakGee</b> Back stance
2	Knife hand inside block / <b>SonNal AhnMakGee</b> Back stance
3	Down block two punches / <b>HaDanMakGee DuBunChiGee</b> Front stance
4	High block two punches / <b>SangDanMakGee DuBunChiGee</b> Front stance
5	Chestnut fist punch / <b>BahmJuMuhkChiGee</b> Front stance
6	Reverse knife hand neck strike / <b>SonNal Mok BanDaeChiGee</b> Front stance

<b>Foot Techniques</b>	
1	Jumping front kick / <b>DdweeA ApChaGee</b> Walking stance
2	Jumping side kick / <b>DdweeA YupChaGee</b> Walking stance
3	Jumping roundhouse kick / <b>DdweeA DoIYeoChaGee</b> Walking stance
4	Jumping axe kick / <b>DdweeA JjikAChaGee</b> Walking stance
5	Back side kick / <b>DweeDoIA YupChaGee</b> Walking stance