

DAE HAN MARTIAL ARTS

Tae Kwon Do



Orange Belt

Hand Techniques	
1	Four body punches / MomTong NaeBunChiGee Front stance
2	Knife hand down block / SonNal HaDanMakGee Front stance
3	Knife hand high block / SonNal SangDanMakGee Front stance
4	Knife hand neck strike / SonNal MokChiGee Front stance
5	Two hands outside block / HaeCheoMakGee Front Stance

Foot Techniques	
1	Front leg front kick axe kick / ApBal ApChaGee JjikAChaGee Walking stance
2	Front leg side kick roundhouse kick / ApBal YupChaGee DoIYeoChaGee Walking stance
3	2 leg front kick axe kick / DuBal ApChaGee JjikAChaGee Walking stance
4	2 leg side kick roundhouse kick / DuBal YupChaGee DoIYeoChaGee Walking stance
5	Back kick / DweeChaGee Walking stance