

DAE HAN MARTIAL ARTS

Tae Kwon Do



Sr. Brown Belt

Hand Techniques

1	Palm strike / BaTangSonChiGee Front stance
2	Palm down block / BaTangSon HaDanMakGee Front stance
3	Palm inside block / BaTangSon AhnMakGee Front stance
4	Half-moon block two punches / BanDalMakGee DuBunChiGee Front stance
5	Knife hand down block and body punch with one hand / HanSonNal HaDanMakGee MomTongChiGee Back stance
6	Knife hand high block and body punch with one hand / HanSonNal SangDanMakGee MomTongChiGee Back stance
7	Double knife hand block one punch / DuSonNal GuhDulUhmakGee MomTongChiGee Shifting stance (back stance to front stance)

Foot Techniques

1	2 leg double front kick / DuBal YiDan ApChaGee Walking stance
2	2 leg double roundhouse kick / DuBal YiDan DoIYeoChaGee Walking stance
3	Inside Crescent Kick / ChoSungDal Ahn ChaGee Walking stance
4	Outside Crescent Kick / ChoSungDal BaKkakChaGee Walking stance
5	Outside block Roundhouse Kick / BaKkatMakGee DoIYeoChaGee Walking stance
6	Down Block Side Kick / HaDanMakGee YupChaGee Walking stance
7	Roundhouse kick back side kick / DoIYeoChaGee DweeDolA YupChaGee Walking stance