

DAE HAN MARTIAL ARTS

Tae Kwon Do



White Belt

Hand Techniques	
1	High punch / SangDanChiGee Walking stance
2	Middle punch / MomTongChiGee Walking stance
3	Low punch / HaDanChiGee Walking stance
4	Two body punches / MomTong DuBunChiGee Walking stance
5	Down block / HaDan MakGee Walking stance

Foot Techniques	
1	Front leg front kick / ApBal Ap ChaGee Walking stance
2	Front leg side kick / ApBal YupChaGee Walking stance
3	Front leg roundhouse kick / ApBal DolYeoChaGee Walking stance
4	Front leg axe kick / ApBal JjikAChaGee Walking stance