

# DAE HAN MARTIAL ARTS

## Tae Kwon Do



### Yellow Belt

Hand Techniques	
1	Three body punches / MomTong SaeBunChiGee Front stance
2	TKD punches / TaeKwonDo ChiGee Front stance
3	High block / SangDan MakGee Walking stance
4	Outside block / BaKkatMakGee Walking stance
5	Inside block / Ahn MakGee Walking stance

Foot Techniques	
1	Back leg front kick 1 punch / ApChaGee HanBunChiGee Walking stance
2	Back leg side kick 1 punch / YupChaGee HanBunChiGee Walking stance
3	Back leg roundhouse kick 1 punch / DoIYeoChaGee HanBunChiGee Walking stance
4	Back leg axe kick 1 punch / JjikAChaGee HanBunChiGee Walking stance