

Hand Techniques

1. Palm strike to chin / **BaTangSon TukChiGee** / 바탕손턱치기 (Front stance)
2. GumKang block / **GumKangMakGee** / 금강막기 (Crane stance)
3. Big hinge strike / **KhunDolJuhGee** / 큰돌쩌귀 (Horse stance)
4. Mountain block / **SanTulMakGee** / 산틀막기 (Horse stance)
5. Two hands separating block double hand body punch / **HaeChuhMakGee DuSon MomTongChiGee** / 헤쳐막기 두손 몸통치기 (Front stance)
6. One hand half-moon block down block back hand punch / **HanSon BanDalMakGee HaDanMakGee BanDaeSon MomTongChiGee** / 한손 반달 막기 하단 막기 반대손 몸통치기 (Back to front stance)
7. Palm outside block / **BaTangSon BaKkatMakGee** / 바탕손 바깥막기 (Front stance)
8. Chestnut fist to the temple / **BamJuMuhk GuanJaNoriChiGee** / 밤주먹 관자놀이 치기 (Front stance)
9. Spear hand strike / **ChulSaJang JjeeRuhGee** / 철사장 찌르기 (Front stance)

Foot Techniques

1. Front knee thrust / **MuRup AhpChiGee** / 무릎 앞치기 (Knee thrust forward using hands to pull down)
2. Roundhouse knee thrust / **MuRup DolYuh ChiGee** / 무릎 돌려 치기 (Knee thrust around)
3. Jumping front kick with feet together / **MoDumBal AhpChaGee** / 모듬발 앞차기
4. Jumping back swing kick / **DdweeUh Dwee DolYuhChaGee** / 뛰어 뒤 돌려차기
5. Jumping front kick back kick / **DdweeUh AhpChaGee DweeChaGee** / 뛰어 앞차기 뒤차기
6. Back hook kick / **DweeDolAh HooRyeoChaGee** / 뒤돌아 후려차기
7. Knee front kick / **MuRup AhpChaGee** / 무릎 앞차기
8. Knee side kick / **MuRup YupChaGee** / 무릎 옆차기
9. Roundhouse kick and back swing kick with one leg / **HanBal DolYuhChaGee DweeDolYuhChaGee** / 한발 돌려차기 뒤 돌려차기