

Hand Techniques

1. Double knife hand separating down block / **DuSonNal HaDan HaeChuhMakGee** / 두손날 하단 헤쳐막기 (Tiger stance)
2. Palm disband block body punch / **BaTangSon JaeChuhMakGee MomTongChiGee** / 바탕손 제쳐막기 몸통치기 (Front stance)
3. GumKang body block / **GumKang MomTang MakGee** / 곰강 몸통막기 (Back stance)
4. Pull chin punch side body punch / **DangGyeo TukChiGee MomTongYupChiGee** / 당겨턱치기 몸통옆치기 (Back stance)
5. Elbow target strike / **PalGoop PyeJeukChiGee** / 팔꿈 표적치기 (Front stance)
6. Spinning back fist strike / **DweeDolAh DungJuMuhk YupChiGee** / 뒤돌아 등주먹 옆치기 (Back stance), (Starting Right leg forward, spinning backward with left leg)
7. Two hands separating block double knife hand neck strike / **HaeChuhMakGee DuSonNal MokChiGee** / 헤쳐막기 두손날 목치기 (Front stance)
8. Chestnut fist to the face / **BamJuMuhk InJungChiGee** / 밤주먹 인중치기 (Front stance)
9. Ridge hand strike / **YukSooChiGee** / 역수치기 (Front stance)

Foot Techniques

1. Scissors block, front kick, two punches / **GahWeeMakGee, AhpChaGee, MomTongDuBunChiGee** / 가위막기, 앞차기, 몸통두번치기
2. One leg triple front kick / **HanBal SamDan AhpChaGee** / 한발 3 단 앞차기
3. Two legs triple front kick / **DuBal SamDan AhpChaGee** / 두발 삼단 앞차기
4. Sitting back kick / **AhnJa DweeChaGee** / 앉아 뒤차기
5. Jumping side kick back side kick / **DdweeUh YupChaGee DweeDolAh YupChaGee** / 뛰어 옆차기 뒤돌아 옆차기
6. One leg double front kick back kick / **HanBal YiDan AhpChaGee DweeChaGee** / 한발 이단 앞차기 뒤차기
7. One leg double side kick back side kick / **HanBal YiDan YupChaGee DweeDolAh YupChaGee** / 한발 이단 옆차기 뒤돌아 옆차기
8. One leg double roundhouse kick back swing kick / **HanBal YiDan DoYuhChaGee Dwee DoYuhChaGee** / 한발 이단 돌려차기 뒤 돌려차기
9. Knee roundhouse kick / **MuRup DoYuhChaGee** / 무릎 돌려차기