



Hand Techniques

1. Upward elbow strike / **PalGup OIYuhChiGee** / 팔굽 올려치기 (Front stance)
2. Double knife hand body and down block / **DoSonNal GuhDulUh MomTong HaDan DoIYuhMakGee** / 두손날 거덜어 몸통 하단 돌려막기 (Back stance)
3. Supported inside forearm side block / **GuhDulUh AhnPalmok YupMakGee** / 거덜어 안팔목 옆막기 (Horse Stance)
4. Pull back fist chin strike / **DangGyeo DungJuMuhkTukChiGee** / 당겨 등주먹 턱치기 (Front stance)
5. Yoke strike / **MungEhChiGee** / 멩에치기 (moving forward into front twisted stance 앞 꼬아서기)
6. Inside forearms separating side blocks / **YangPalMok HaeChuhYupMakGee** / 양팔목 헤쳐옆막기 (Horse stance)
7. One knife hand half-moon block down block back hand punch / **HanSonNal BanDalMakGee HaDanMakGee BanDaeSon MomTongChiGee** / 한손날 반달 막기 하단 막기 반대손 몸통치기 (Back to front stance)
8. Two fingertip eye stab / **JibGae SonGaRahk Noon JjeeRuhGee** / 집게 손가락 눈 찌르기 (Front stance)
9. Inside and outside block two punches / **AhnBakMakGee DuBunChiGee** / 안밖막기 두번치기 (Front stance)

Foot Techniques

1. Front kick back side kick / **AhpChaGee DweeDolAh Yup ChaGee** / 앞차기 뒤돌아 옆차기
2. One leg triple side kick / **HanBal SamDan YupChaGee** / 한발 3 단 옆차기
3. Two legs triple roundhouse kick / **DuBal SamDan DoIYuhChaGee** / 두발삼단 돌려차기
4. Sitting back side kick / **AhnJa DweeDolAh YupChaGee** / 앉자 뒤돌아 옆차기
5. Jumping roundhouse kick back swing kick / **DdweeUh DoIYuhChaGee DweeDolYuhChaGee** / 뛰어 돌려차기 뒤돌려차기
6. Scissors kick / **GahWeeChaGee** / 가위차기
7. Inside crescent kick back side kick / **ChoSungDal AhnChaGee DweeDolAh YupChaGee** / 초승달 안차기 뒤돌아 옆차기
8. Inside crescent kick back swing kick / **ChoSungDal AhnChaGee Dwee DoIYuhChaGee** / 초승달 안차기 뒤돌려 차기
9. **Two legs triple front kick / DuBal SamDan AhpChaGee / 두발 삼단 앞차기**