



Hand Techniques

1. Wrist supported inside forearm outside block / **SonMok GuhDulUh AhnPalmMok BaKkatMakGee** / 손목 거들어 안팔목 바깥막기 (Back stance)
2. Two fingertip stabs two punches / **SonKkut MomTong DuBun JjeeRuhGee JuMuhk DuBunChiGee** / 손끝 몸통 두번 찌르기 주먹 두번치기 (Front stance)
3. Pull side punch / **JahpAhDangGyeo YupChiGee** / 잡아당겨 옆치기 (Horse stance)
4. Pushing rock block / **BaWeeMillGee** / 바위 밀기 (Front stance), (you can do same side leg or opposite side leg)
5. Open hand inside forearm separating block / **PyunSon AhnPalmMok HaeChuhMakGee** / 편손 안팔목 헤쳐막기 (Horse stance)
6. Inside forearm rising block / **AhnPalmMok OIYuhMakGee** / 안팔목 올려막기 (Front stance)
7. Offset punch / **ChatDaRi ChiGee** / 챗다리 치기 (Back stance), (Chamber with 2 hand each side of waist)
8. Supported back fist strike / **GuhDulUh DungJuMuhk InJungChiGee** / 거들어 등주먹 인중치기 (Back twisted stance, 뒷꼬아서기)
9. Double open back hand down block / **PyunSonDung UtGulUh HaDanMakGee** / 편손등 엇걸어 하단막기 (Tiger stance, 범서기)

Foot Techniques

1. Catching Kick / **NakAhChaGee** / 낚아차기
2. One leg triple roundhouse kick / **HanBal SamDan DolYuhChaGee** / 한발 3 단 돌려차기
3. Two legs triple side kick / **DuBal SamDan YupChaGee** / 두발 삼단 옆차기 (몸을 옆으로 털어서 앞을 찬다)
4. Sitting back swing kick / **AhnJa Dwee DolYuhChaGee** / 앉자 뒤 돌려차기
5. Jumping side kick with feet together / **MoDumBal YupChaGee** / 모듬발 옆차기
6. Split front kick / **YangBal AhpChaGee** / 양발 앞차기
7. One leg inside out roundhouse kick roundhouse kick / **HanBal BeTulUhChaGee DolYuhChaGee** / 한발 비틀어 차기 돌려차기
8. One leg tripping kick hook kick / **Han Bal BalMokChaGee HooRyeoChaGee** / 한발 발목차기 후려차기
9. Two legs triple roundhouse kick / **DuBal SamDan DolYuhChaGee** / 두발삼단 돌려차기 (옆으로)