

Hand Techniques

1. Reverse knife hand neck strike body punch / **SonNal Mok BanDaeChiGee MomTong ChiGee** / 손날 목 반대치기 몸통치기 (Front stance)
2. Knife hand down block claw hand neck strike / **SonNal HaDanMakGee JibGaeSonChiGee** / 손날 하단막기 집게손치기 (Front stance)
3. Braced knee strike / **JapAh MuRupChiGee** / 잡아 무릎치기 (Front stance)
4. Inside forearms separating block / **AhnPalMok HaeChuhMakGee** / 안팔목 헤쳐막기 (Front stance)
5. Knife hand outside block target punch / **SonNal BaKkatMakGee PyeoJeukChiGee** / 손날 바깥막기 표적치기 (Horse stance)
6. Fingertip lower ab stab down block / **SonKkut DanJeun JjeeRuhGee HaDanMakGee** / 손끝 단전 찌르기 하단막기 (Front to walking stance)
7. Palm pushing down block elbow strike / **BaTangSon NoolLuhMakGee PalKoopChiGee** / 바탕손 눌러막기 팔꿈치기 (Walking to horse stance)
8. Reverse knife hand neck strike same hand down block / **HanSonNal Mok BanDaeChiGee HaDanMakGee** / 한손날 목 반대치기 하단막기 (Front stance)
9. Knife hand neck strike same hand down block / **HanSonNal MokChiGee HaDanMakGee** / 한손날 목치기 하단막기 (Front stance)

Foot Techniques

1. Front kick, knife hand down block, claw hand neck strike / **AhpChaGee, SonNal HaDan MakGee, JibGaeSon ChiGee** / 앞차기, 손날 하단막기, 집게손치기
2. Roundhouse kick and back swing kick with one leg / **HanBal DoIYuhChaGee DweeDoIYuhChaGee** / 한발 돌려차기 뒤 돌려차기
3. Step over half tornado kick / **WaeBal WhaeJuen DoIYuhChaGee** / 외발 회전 돌려차기
4. Tornado kick back swing kick / **WhaeOhRi ChaGee DweeDoIYuhChaGee** / 회오리 차기 뒤 돌려차기
5. Flying side kick / **NalYuh YupChaGee** / 날려 옆차기
6. Inside block back side kick / **AhnMakGee DweeDoIah YupChaGee** / 안막기 뒤돌아 옆차기
7. One leg side kick roundhouse kick / **HanBal YupChaGee DoIYuhChaGee** / 한발 옆차기 돌려차기 (both kicks to the front without putting down the leg)
8. Front leg hook kick / **AhpBal HooRyeoChaGee** / 앞발 후려차기
9. **Jumping back side kick** / **DdweeUh DweeDoIah YupChaGee** / 뛰어 뒤돌아 옆차기