

DAE HAN MARTIAL ARTS

Tae Kwon Do



Red Belt

Hand Techniques	
1	Side punch / YupChiGee Horse stance
2	Back fist temple strike / DungJuMuk YupChiGee Front stance
3	Scissors block / GahWeeMakGee Front stance
4	Double knife hand down block / DuSonNal GuhDulUh HaDanMakGee Back stance
5	Knife hand outside block and body punch with one hand HanSonNal BaKkatMakGee MomTongChiGee Back stance
6	Knife hand inside block and body punch with one hand HanSonNal AhnMakGee MomTongChiGee Back stance
7	Knife hand outside block, opposite hand side punch / SonNal BaKkatMakGee BanDaeSon YupChiGee Horse stance

Foot Techniques	
1	1 leg front kick side kick / HanBal ApChaGee YupChaGee Walking stance
2	1 leg front kick roundhouse kick / HanBal ApChaGee DoIYeoChaGee Walking stance
3	Half tornado kick / Ban WhaeOhRiChaGee Walking stance
4	Inside out roundhouse kick / BeTulAChaGee Walking stance
5	Down block Punch Axe kick / HaDanMakGee MomTongChiGee JjikAChaGee Walking stance
6	Outside block Punch Roundhouse kick / BaKkatMakGee MomTongChiGee DoIYeoChaGee Walking stance
7	Round house kick back swing kick / DoIYeoChaGee DweeDoIYeoChaGee Walking stance