

DAE HAN MARTIAL ARTS

Tae Kwon Do



Sr. Red Belt

Hand Techniques	
1	Double hand block / DuSon GuhDulUhMakGee Back stance
2	Claw hand neck strike / JipGaeSonChiGee Front stance
3	Double knife hand neck strike / DuSonNal MokChiGee Front stance
4	Pull, Chin strike / DangGyeo TukChiGee Front stance
5	Half mountain block / WhaeSanTulMakGee Reverse front stance
6	Knife hand outside block back hand punch / SonNal BaKkatMakGee BanDaeSon MomTongChiGee Shifting stance (back stance to front stance)
7	Knife hand down block back hand punch / SonNal HaDanMakGee BanDaeSon MomTongChiGee Shifting stance (back stance to front stance)

Foot Techniques	
1	Half-moon kick / BanDalChaGee Walking stance
2	Hook kick / HuRyeoChaGee Walking stance
3	Pushing front kick / MilA ApChaGee Walking stance
4	Tornado kick / WhaeOhRiChaGee Walking stance
5	Jump back side kick / DdweeA DweeDoIA YupChaGee Walking stance
6	Half tornado kick back swing kick / Ban WhaeOhRiChaGee DweeDoIYeoChaGee Walking stance
7	2 leg double roundhouse kick back swing kick / DuBal YiDan DoIYeoChaGee DweeDoIYeoChaGee Walking stance