



Hand Techniques

1. Palm strike to chin / **BaTangSon TukChiGee** / 바탕손턱치기 (Front stance)
2. GumKang block / **GumKangMakGee** / 금강막기 (Crane stance)
3. Big hinge strike / **KhunDolJuhGee** / 큰돌쩌귀 (Horse stance)
4. Mountain block / **SanTulMakGee** / 산틀막기 (Horse stance)
5. Two hands separating block double hand body punch / **HaeChuhMakGee DuSon MomTongChiGee** / 헤쳐막기 두손 몸통치기 (Front stance)
6. One hand half-moon block down block back hand punch / **HanSon BanDalMakGee HaDanMakGee BanDaeSon MomTongChiGee** / 한손 반달 막기 하단 막기 반대손 몸통치기 (Back to front stance)
7. Palm outside block / **BaTangSon BaKkatMakGee** / 바탕손 바깥막기 (Front stance)
8. Chestnut fist to the temple / **BamJuMuhk GuanJaNoriChiGee** / 밤주먹 관자놀이 치기 (Front stance)
9. Spear hand strike / **ChulSaJang JjeeRuhGee** / 철사장 찌르기 (Front stance)
10. Reverse knife hand neck strike body punch / **SonNal Mok BanDaeChiGee MomTong ChiGee** / 손날 목 반대치기 몸통치기 (Front stance)
11. Knife hand down block claw hand neck strike / **SonNal HaDanMakGee JibGaeSonChiGee** / 손날 하단막기 집게손치기 (Front stance)
12. Double hand block / **DuSon GuhDulUhMakGee** / 두손 거들어막기 (Back stance)
13. Claw hand neck strike / **JipGaeSonChiGee** / 집게손치기 (Front stance)
14. Knife hand outside block and body punch with one hand / **HanSonNal BaKkatMakGee MomTongChiGee** / 한손날 바깥막기 몸통치기 (Back stance)
15. Side punch / **YupChiGee** / 옆치기 (Horse stance)
16. Double knife hand block one punch / **DuSonNal GuhDulUhMakGee MomTongChiGee** / 두손날 거들어막기 몸통치기 (Back stance to front stance)
17. Palm strike / **BaTangSonChiGee** / 바탕손치기 (Front stance)
18. Hammer fist strike / **MaeJuMuhkChiGee** / 메주먹치기 (Horse stance)
19. Outside block two punches / **BaKkatMakGee DuBunChiGee** / 바깥막기 두번치기 (Front stance)
20. Reverse knife hand neck strike / **SonNal Mok BanDaeChiGee** / 손날 목 반대치기 (Front stance)



Foot Techniques

1. Front knee thrust / **MuRup AhpChiGee** / 무릎 앞치기
2. Roundhouse knee thrust / **MuRup DoYuh ChiGee** / 무릎 돌려 치기
3. Jumping front kick with feet together / **MoDumBal AhpChaGee** / 모듬발 앞차기
4. Jumping back swing kick / **DdweeUh Dwee DoYuhChaGee** / 뛰어 뒤 돌려차기
5. Jumping front kick back kick / **DdweeUh AhpChaGee DweeChaGee** / 뛰어 앞차기 뒤차기
6. Back hook kick / **DweeDolAh HooRyeoChaGee** / 뒤돌아 후려차기
7. Knee front kick / **MuRup AhpChaGee** / 무릎 앞차기
8. Knee side kick / **MuRup YupChaGee** / 무릎 옆차기
9. Roundhouse kick and back swing kick with one leg / **HanBal DoYuhChaGee DweeDoYuhChaGee** / 한발 돌려차기 뒤 돌려차기
10. Front kick, knife hand down block, claw hand neck strike / **AhpChaGee, SonNal HaDan MakGee, JibGaeSon ChiGee** / 앞차기, 손날 하단막기, 집게손치기
11. Step over half tornado kick / **WaeBal WhaeJuen DoYuhChaGee** / 외발 회전 돌려차기
12. Half-moon kick / **BanDalChaGee** / 반달차기
13. Hook kick / **HuRyeoChaGee** / 후려차기
14. Outside block Punch Roundhouse kick / **BaKkatMakGee MomTongChiGee DoIYeoChaGee** / 바깥막기 몸통치기 돌려차기
15. Round house kick back swing kick / **DoIYeoChaGee DweeDoIYeoChaGee** / 돌려차기 뒤돌려차기
16. 2 leg double front kick / **DuBal YiDan ApChaGee** / 두발 이단 앞차기
17. Inside Crescent Kick / **ChoSungDal Ahn ChaGee** / 초승달 안 차기
18. Side kick side hammer fist / **YupChaGee MaeJuMuhk YupChiGee** / 옆차기 메주먹 옆치기
19. Front kick 2 punches / **ApChaGee DuBunChiGee** / 앞차기 두번치기
20. Back side kick / **DweeDolA YupChaGee** / 뒤돌아 옆차기