



Hand Techniques

1. Double knife hand separating down block / **DuSonNal HaDan HaeChuhMakGee** /
두손날 하단 헤쳐막기 (Tiger stance)
2. Palm disband block body punch / **BaTangSon JaeChuhMakGee MomTongChiGee** /
바탕손 제쳐막기 몸통치기 (Front stance)
3. GumKang body block / **GumKang MomTang MakGee** / 금강 몸통막기 (Back stance)
4. Pull chin punch side body punch / **DangGyeo TukChiGee MomTongYupChiGee** /
당겨턱치기 몸통옆치기 (Back stance)
5. Elbow target strike / **PalGoop PyeoJeukChiGee** / 팔꿈 표적치기 (Front stance)
6. Spinning back fist strike / **DweeDolAh DungJuMuhk YupChiGee** /
뒤돌아 등주먹 옆치기 (Back stance)
7. Two hands separating block double knife hand neck strike / **HaeChuhMakGee
DuSonNal MokChiGee** / 헤쳐막기 두손날 목치기 (Front stance)
8. Chestnut fist to the face / **BamJuMuhk InJungChiGee** / 밤주먹 인중치기 (Front stance)
9. Ridge hand strike / **YukSooChiGee** / 역수치기 (Front stance)
10. GumKang block / **GumKangMakGee** / 금강막기 (Crane stance)
11. Big hinge strike / **KhunDolJuhGee** / 큰돌쩌귀 (Horse stance)
12. Knife hand down block claw hand neck strike / **SonNal HaDanMakGee
JibGaeSonChiGee** / 손날 하단막기 집게손치기 (Front stance)
13. Braced knee strike / **JapAh MuRupChiGee** / 잡아 무릎치기 (Front stance)
14. Claw hand neck strike / **JipGaeSonChiGee** / 집게손치기 (Front stance)
15. Double knife hand neck strike / **DuSonNal MokChiGee** / 두손날 목치기 (Front stance)
16. Side punch / **YupChiGee** / 옆치기 (Horse stance)
17. Back fist temple strike / **DungJuMuk YupChiGee** / 등주먹 옆치기 (Front stance)
18. Palm strike / **BaTangSonChiGee** / 바탕손치기 (Front stance)
19. Finger tips neck stab / **SonKkut MokJjiRuhGee** / 손끝 목찌르기 (Front stance)
20. Double knife hand block / **DuSonNal GuhDulUhMakGee** / 두손날 거들어막기
(Back stance)



Foot Techniques

1. Scissors block, front kick, two punches / **GahWeeMakGee, AhpChaGee, MomTongDuBunChiGee** / 가위막기, 앞차기, 몸통두번치기
2. One leg triple front kick / **HanBal SamDan AhpChaGee** / 한발 3 단 앞차기
3. Two legs triple front kick / **DuBal SamDan AhpChaGee** / 두발 삼단 앞차기
4. Sitting back kick / **AhnJa DweeChaGee** / 앉아 뒤차기
5. Jumping side kick back side kick / **DdweeUh YupChaGee DweeDolAh YupChaGee** / 뛰어 옆차기 뒤돌아 옆차기
6. One leg double front kick back kick / **HanBal YiDan AhpChaGee DweeChaGee** / 한발 이단 앞차기 뒤차기
7. One leg double side kick back side kick / **HanBal YiDan YupChaGee DweeDolAh YupChaGee** / 한발 이단 옆차기 뒤돌아 옆차기
8. One leg double roundhouse kick back swing kick / **HanBal YiDan DolYuhChaGee Dwee DolYuhChaGee** / 한발 이단 돌려차기 뒤 돌려차기
9. Knee roundhouse kick / **MuRup DolYuhChaGee** / 무릎 돌려차기
10. Roundhouse knee thrust / **MuRup DolYuh ChiGee** / 무릎 돌려 치기
11. Jumping front kick with feet together / **MoDumBal AhpChaGee** / 모듬발 앞차기
12. Roundhouse kick and back swing kick with one leg / **HanBal DolYuhChaGee DweeDolYuhChaGee** / 한발 돌려차기 뒤 돌려차기
13. Step over half tornado kick / **WaeBal WhaeJuen DolYuhChaGee** / 외발 회전 돌려차기
14. Hook kick / **HuRyeoChaGee** / 후려차기
15. Pushing front kick / **MilA ApChaGee** / 밀어 앞차기
16. Round house kick back swing kick / **DolYeoChaGee DweeDolYeoChaGee** / 돌려차기 뒤돌려차기
17. 1 leg front kick side kick / **HanBal ApChaGee YupChaGee** / 한발 앞차기 옆차기
18. Inside Crescent Kick / **ChoSungDal Ahn ChaGee** / 초승달 안 차기
19. 1 leg double roundhouse kick / **HanBal YiDan DolYeoChaGee** / 한발 이단 돌려차기
20. Side kick 2 punches / **YupChaGee DuBunChiGee** / 옆차기 두번치기