



Hand Techniques

1. Upward elbow strike / **PalGup OIYuhChiGee** / 팔꿈 올려치기 (Front stance)
2. Double knife hand body and down block / **DoSonNal GuhDulUh MomTong HaDan DoIYuhMakGee** / 두손날 거덜어 몸통 하단 돌려막기 (Back stance)
3. Supported inside forearm side block / **GuhDulUh AhnPalmok YupMakGee** / 거들어 안팔목 옆막기 (Horse Stance)
4. Pull back fist chin strike / **DangGyeo DungJuMuhkTukChiGee** / 당겨 등주먹 턱치기 (Front stance)
5. Yoke strike / **MungEhChiGee** / 멩에치기 (moving forward into front twisted stance, 앞 꼬아서기)
6. Inside forearms separating side blocks / **YangPalMok HaeChuhYupMakGee** / 양팔목 헤쳐옆막기 (Horse stance)
7. One knife hand half-moon block down block back hand punch / **HanSonNal BanDalMakGee HaDanMakGee BanDaeSon MomTongChiGee** / 한손날 반달 막기 하단 막기 반대손 몸통치기 (Back to front stance)
8. Two fingertip eye stab / **JibGae SonGaRahk Noon JjeeRuhGee** / 집게 손가락 눈 찌르기 (Front stance)
9. Inside and outside block two punches / **AhnBakMakGee DuBunChiGee** / 안밖막기 두번치기 (Front stance)
10. GumKang body block / **GumKang MomTang MakGee** / 금강 몸통막기 (Back stance)
11. Pull chin punch side body punch / **DangGyeo TukChiGee MomTongYupChiGee** / 당겨턱치기 몸통옆치기 (Back stance)
12. Big hinge strike / **KhunDolJjuhGee** / 큰돌쩌귀 (Horse stance)
13. Mountain block / **SanTuIMakGee** / 산틀막기 (Horse stance)
14. Braced knee strike / **JapAh MuRupChiGee** / 잡아 무릎치기 (Front stance)
15. Inside forearms separating block / **AhnPalMok HaeChuhMakGee** / 안팔목 헤쳐막기 (Front stance)
16. Double knife hand neck strike / **DuSonNal MokChiGee** / 두손날 목치기 (Front stance)
17. Pull, Chin strike / **DangGyeo TukChiGee** / 당겨 턱치기 (Front stance)
18. Back fist temple strike / **DungJuMuk YupChiGee** / 등주먹 옆치기 (Front stance)
19. Knife hand high block and body punch with one hand / **HanSonNal SangDanMakGee MomTongChiGee** / 한손날 상단막기 몸통치기 (Back stance)
20. Two hands cross high block / **DuSon UtGulUh SangDanMakGee** / 두손 엇걸어 상단막기 (Front stance)



Foot Techniques

1. Front kick back side kick / **AhpChaGee DweeDolAh Yup ChaGee** / 앞차기 뒤돌아 옆차기
2. One leg triple side kick / **HanBal SamDan YupChaGee** / 한발 3 단 옆차기
3. Two legs triple roundhouse kick / **DuBal SamDan DolYuhChaGee** / 두발삼단 돌려차기
4. Sitting back side kick / **AhnJa DweeDolAh YupChaGee** / 앉자 뒤돌아 옆차기
5. Jumping roundhouse kick back swing kick / **DdweeUh DolYuhChaGee DweeDolYuhChaGee** / 뛰어 돌려차기 뒤돌려차기
6. Scissors kick / **GahWeeChaGee** / 가위차기
7. Inside crescent kick back side kick / **ChoSungDal AhnChaGee DweeDolAh YupChaGee** / 초승달 안차기 뒤돌아 옆차기
8. Inside crescent kick back swing kick / **ChoSungDal AhnChaGee Dwee DolYuhChaGee** / 초승달 안차기 뒤돌려 차기
9. Two legs triple front kick / **DuBal SamDan AhpChaGee** / 두발 삼단 앞차기
10. One leg double front kick back kick / **HanBal YiDan AhpChaGee DweeChaGee** / 한발 이단 앞차기 뒤차기
11. Sitting back kick / **AhnJa DweeChaGee** / 앉아 뒤차기
12. Jumping front kick with feet together / **MoDumBal AhpChaGee** / 모듬발 앞차기
13. Jumping back swing kick / **DdweeUh Dwee DolYuhChaGee** / 뛰어 뒤 돌려차기
14. Step over half tornado kick / **WaeBal WhaeJuen DolYuhChaGee** / 외발 회전 돌려차기
15. Tornado kick back swing kick / **WhaeOhRi ChaGee DweeDolYuhChaGee** / 회오리 차기 뒤 돌려차기
16. Pushing front kick / **MilA ApChaGee** / 밀어 앞차기
17. 1 leg front kick side kick / **HanBal ApChaGee YupChaGee** / 한발 앞차기 옆차기
18. 2 leg double roundhouse kick / **DuBal YiDan DolYeoChaGee** / 두발 이단 돌려차기
19. High block front Kick / **SangDanMakGee ApChaGee** / 상단막기 앞차기
20. Roundhouse kick 2 punches / **DolYeoChaGee DuBunChiGee** / 돌려차기 두번치기