



## Hand Techniques

1. Wrist supported inside forearm outside block / **SonMok GuhDulUh AhnPalMok BaKkatMakGee** / 손목 거들어 안팔목 바깥막기 (Back stance)
2. Two fingertip stabs two punches / **SonKkut MomTong DuBun JjeeRuhGee JuMuhk DuBunChiGee** / 손끝 몸통 두번 찌르기 주먹 두번치기 (Front stance)
3. Pull side punch / **JahpAhDangGyeo YupChiGee** / 잡아당겨 옆치기 (Horse stance)
4. Pushing rock block / **BaWeeMillGee** / 바위 밀기 (Front stance)  
(you can do same side leg or opposite side leg)
5. Open hand inside forearm separating block / **PyunSon AhnPalMok HaeChuhMakGee** / 편손 안팔목 헤쳐막기 (Horse stance)
6. Inside forearm rising block / **AhnPalMok OIYuhMakGee** / 안팔목 올려막기 (Front stance)
7. Offset punch / **ChatDaRi ChiGee** / 챗다리 치기 (Back stance)
8. Supported back fist strike / **GuhDulUh DungJuMuhk InJungChiGee** / 거들어 등주먹 인증치기 (Back twisted stance, 뒷꼬아서기)
9. Double open back hand down block / **PyunSonDung UtGulUh HaDanMakGee** / 편손등 엇걸어 하단막기 (Tiger stance, 범서기)
10. Pull back fist chin strike / **DangGyeo DungJuMuhkTukChiGee** / 당겨 등주먹 턱치기 (Front stance)
11. Yoke strike / **MungEhChiGee** / 멩에치기 (앞 꼬아서기)
12. Pull chin punch side body punch / **DangGyeo TukChiGee MomTongYupChiGee** / 당겨턱치기 몸통옆치기 (Back stance)
13. Elbow target strike / **PalGoop PyeoJeukChiGee** / 팔꿈 표적치기 (Front stance)
14. Mountain block / **SanTulMakGee** / 산틀막기 (Horse stance)
15. Two hands separating block double hand body punch / **HaeChuhMakGee DuSon MomTongChiGee** / 헤쳐막기 두손 몸통치기 (Front stance)
16. Inside forearms separating block / **AhnPalMok HaeChuhMakGee** / 안팔목 헤쳐막기 (Front stance)
17. Knife hand outside block target punch / **SonNal BaKkatMakGee PyeoJeukChiGee** / 손날 바깥막기 표적치기 (Horse stance)
18. Pull, Chin strike / **DangGyeo TukChiGee** / 당겨 턱치기 (Front stance)
19. Scissors block / **GahWeeMakGee** / 가위막기 (Front stance)
20. Palm down block / **BaTangSon HaDanMakGee** / 바탕손 하단막기 (Front stance)



## Foot Techniques

1. Catching Kick / **NakAhChaGee** / 낚아차기
2. One leg triple roundhouse kick / **HanBal SamDan DolYuhChaGee** / 한발 3 단 돌려차기
3. Two legs triple side kick / **DuBal SamDan YupChaGee** / 두발 삼단 옆차기  
(몸을 옆으로 털어서 앞을 찬다)
4. Sitting back swing kick / **AhnJa Dwee DolYuhChaGee** / 앉자 뒤 돌려차기
5. Jumping side kick with feet together / **MoDumBal YupChaGee** / 모듬발 옆차기
6. Split front kick / **YangBal AhpChaGee** / 양발 앞차기
7. One leg inside out roundhouse kick roundhouse kick / **HanBal BeTulUhChaGee DolYuhChaGee** / 한발 비틀어 차기 돌려차기
8. One leg tripping kick hook kick / **Han Bal BalMokChaGee HooRyeoChaGee** / 한발 발목차기 후려차기
9. Two legs triple roundhouse kick / **DuBal SamDan DolYuhChaGee** / 두발삼단 돌려차기 (옆으로)
10. Sitting back side kick / **AhnJa DweeDolAh YupChaGee** / 앉자 뒤돌아 옆차기
11. Jumping roundhouse kick back swing kick / **DdweeUh DolYuhChaGee DweeDolYuhChaGee** / 뛰어 돌려차기 뒤돌려차기
12. Sitting back kick / **AhnJa DweeChaGee** / 앉아 뒤차기
13. Jumping side kick back side kick / **DdweeUh YupChaGee DweeDolAh YupChaGee** / 뛰어 옆차기 뒤돌아 옆차기
14. Jumping back swing kick / **DdweeUh Dwee DolYuhChaGee** / 뛰어 뒤 돌려차기
15. Jumping front kick back kick / **DdweeUh AhpChaGee DweeChaGee** / 뛰어 앞차기 뒤차기
16. Tornado kick back swing kick / **WhaeOhRi ChaGee DweeDolYuhChaGee** / 회오리 차기 뒤 돌려차기
17. Flying side kick / **NalYuh YupChaGee** / 날려 옆차기
18. Tornado kick / **WhaeOhRiChaGee** / 회오리차기
19. Inside out roundhouse kick / **BeTulAChaGee** / 비틀어 차기
20. Outside Crescent Kick / **ChoSungDal BaKkakChaGee** / 초승달 바깥 차기