



Hand Techniques

1. Reverse knife hand neck strike body punch / **SonNal Mok BanDaeChiGee MomTong ChiGee** / 손날 목 반대치기 몸통치기 (Front stance)
2. Knife hand down block claw hand neck strike / **SonNal HaDanMakGee JibGaeSonChiGee** / 손날 하단막기 집게손치기 (Front stance)
3. Braced knee strike / **JapAh MuRupChiGee** / 잡아 무릎치기 (Front stance)
4. Inside forearms separating block / **AhnPalMok HaeChuhMakGee** / 안팔목 헤쳐막기 (Front stance)
5. Knife hand outside block target punch / **SonNal BaKkatMakGee PyeoJeukChiGee** / 손날 바깥막기 표적치기 (Horse stance)
6. Fingertip lower ab stab down block / **SonKkut DanJeun JjeeRuhGee HaDanMakGee** / 손끝 단전 찌르기 하단막기 (Front to walking stance)
7. Palm pushing down block elbow strike / **BaTangSon NooluhMakGee PalKoopChiGee** / 바탕손 눌러막기 팔꿍치기 (Walking to horse stance)
8. Reverse knife hand neck strike same hand down block / **HanSonNal Mok BanDaeChiGee HaDanMakGee** / 한손날 목 반대치기 하단막기 (Front stance)
9. Knife hand neck strike same hand down block / **HanSonNal MokChiGee HaDanMakGee** / 한손날 목치기 하단막기 (Front stance)
10. Knife hand down block back hand punch / **SonNal HaDanMakGee BanDaeSon MomTongChiGee** / 손날 하단막기 반대손 몸통치기 (Back stance to front stance)
11. Double hand block / **DuSon GuhDulUhMakGee** / 두손 거들어막기 (Back stance)
12. Knife hand inside block and body punch with one hand **HanSonNal AhnMakGee MomTongChiGee** / 한손날 안막기 몸통치기 (Back stance)
13. Knife hand outside block and body punch with one hand **HanSonNal BaKkatMakGee MomTongChiGee** / 한손날 바깥막기 몸통치기 (Back stance)
14. Half-moon block two punches / **BanDalMakGee DuBunChiGee** / 반달박기 두번치기 (Front stance)
15. Double knife hand block one punch / **DuSonNal GuhDulUhMakGee MomTongChiGee** / 두손날 거들어막기 몸통치기 (Back stance to front stance)
16. Two hands cross down block / **DuSon UtGulUh HaDanMakGee** / 두손 엇걸러 하단막기 (Front stance)
17. Hammer fist strike / **MaeJuMuhkChiGee** / 메주먹치기 (Horse stance)
18. Outside block two punches / **BaKkatMakGee DuBunChiGee** / 바깥막기 두번치기 (Front stance)
19. Reverse knife hand neck strike / **SonNal Mok BanDaeChiGee** / 손날 목 반대치기 (Front stance)



20. Knife hand down block / **SonNal HaDanMakGee** / 손날 하단막기 (Front stance)

Foot Techniques

1. Front kick, knife hand down block, claw hand neck strike / **AhpChaGee, SonNal HaDan MakGee, JibGaeSon ChiGee** / 앞차기, 손날 하단막기, 집게손치기
2. Roundhouse kick and back swing kick with one leg / **HanBal DoIYuhChaGee DweeDoIYuhChaGee** / 한발 돌려차기 뒤 돌려차기
3. Step over half tornado kick / **WaeBal WhaeJuen DoIYuhChaGee** / 외발 회전 돌려차기
4. Tornado kick back swing kick / **WhaeOhRi ChaGee DweeDoIYuhChaGee** / 회오리 차기 뒤 돌려차기
5. Flying side kick / **NalYuh YupChaGee** / 날려 옆차기
6. Inside block back side kick / **AhnMakGee DweeDoIAh YupChaGee** / 안막기 뒤돌아 옆차기
7. One leg side kick roundhouse kick / **HanBal YupChaGee DoIYuhChaGee** / 한발 옆차기 돌려차기
8. Front leg hook kick / **AhpBal HooRyeoChaGee** / 앞발 후려차기
9. Jumping back side kick / **DdweeUh DweeDoIAh YupChaGee** / 뛰어 뒤돌아 옆차기
10. 2 leg double roundhouse kick back swing kick / **DuBal YiDan DoIYeoChaGee DweeDoIYeoChaGee** / 두발 이단 돌려차기 뒤돌려차기
11. Half-moon kick / **BanDaiChaGee** / 반달차기
12. Down block Punch Axe kick / **HaDanMakGee MomTongChiGee JjikAChaGee** / 하단막기 몸통치기 찍어차기
13. Outside block Punch Roundhouse kick / **BaKkatMakGee MomTongChiGee DoIYeoChaGee** / 바깥막기 몸통치기 돌려차기
14. Roundhouse kick back side kick / **DoIYeoChaGee DweeDoIA YupChaGee** / 돌려차기 뒤돌아 옆차기
15. 2 leg double front kick / **DuBal YiDan ApChaGee** / 두발 이단 앞차기
16. 1 leg double side kick / **HanBal YiDan YupChaGee** / 한발 이단 옆차기
17. Side kick side hammer fist / **YupChaGee MaeJuMuhk YupChiGee** / 옆차기 메주먹 옆치기
18. Side kick 2 punches / **YupChaGee DuBunChiGee** / 옆차기 두번치기
19. Jumping front kick / **DdweeA ApChaGee** / 뛰어 앞차기
20. Front leg side kick roundhouse kick / **ApBal YupChaGee DoIYeoChaGee** / 앞발 옆차기 돌려차기