



Hand Techniques

1. Double hand block / **DuSon GuhDulUhMakGee** / 두손 거들어막기 (Back stance)
2. Claw hand neck strike / **JipGaeSonChiGee** / 집게손치기 (Front stance)
3. Double knife hand neck strike / **DuSonNal MokChiGee** / 두손날 목치기 (Front stance)
4. Pull, Chin strike / **DangGyeo TukChiGee** / 당겨 턱치기 (Front stance)
5. Half mountain block / **WhaeSanTulMakGee** / 외산틀막기 (Reverse front stance)
6. Knife hand outside block back hand punch / **SonNal BaKkatMakGee BanDaeSon MomTongChiGee** / 손날 바깥막기 반대손 몸통치기 (Back stance to front stance)
7. Knife hand down block back hand punch / **SonNal HaDanMakGee BanDaeSon MomTongChiGee** / 손날 하단막기 반대손 몸통치기 (Back stance to front stance)
8. Knife hand outside block, opposite hand side punch / **SonNal BaKkatMakGee BanDaeSon YupChiGee** / 손날 바깥막기 반대손 옆치기 (Horse stance)
9. Knife hand inside block and body punch with one hand / **HanSonNal AhnMakGee MomTongChiGee** / 한손날 안막기 몸통치기 (Back stance)
10. Palm inside block / **BaTangSon AhnMakGee** / 바탕손 안막기 (Front stance)
11. Half-moon block two punches / **BanDalMakGee DuBunChiGee** / 반달막기 두번치기 (Front stance)
12. Back fist punch inside block / **DungJuMukChiGee AhnMakGee** / 등주먹치기 안막기 (Front stance)
13. Two hands cross down block / **DuSon UtGulUh HaDanMakGee** / 두손 엇걸러 하단막기 (Front stance)
14. Inside block two punches / **AhnMakGee DuBunChiGee** / 안막기 두번치기 (Front stance)
15. Outside block two punches / **BaKkatMakGee DuBunChiGee** / 바깥막기 두번치기 (Front stance)
16. Knife hand inside block / **SonNal AhnMakGee** / 손날 안막기 (Back stance)
17. Reverse knife hand neck strike / **SonNal Mok BanDaeChiGee** / 손날 목 반대치기 (Front stance)
18. Four body punches / **MomTong NaeBunChiGee** / 몸통 내번치기 (Front stance)
19. Inside block / **Ahn MakGee** / 안막기 (Walking stance)
20. High punch / **SangDanChiGee** / 상단치기 (Walking stance)



Foot Techniques

1. Half-moon kick / **BanDalChaGee** / 반달차기
2. Hook kick / **HuRyeoChaGee** / 후려차기
3. Pushing front kick / **MilA ApChaGee** / 밀어 앞차기
4. Tornado kick / **WhaeOhRiChaGee** / 회오리차기
5. Jumping back side kick / **DdweeA DweeDoIA YupChaGee** / 뛰어 뒤돌아 옆차기
6. Half tornado kick back swing kick / **Ban WhaeOhRiChaGee DweeDoIYeoChaGee** / 반 회오리차기 뒤돌려차기
7. 2 leg double roundhouse kick back swing kick / **DuBal YiDan DoIYeoChaGee DweeDoIYeoChaGee** / 두발 이단 돌려차기 뒤돌려차기
8. Half tornado kick / **Ban WhaeOhRiChaGee** / 반 회오리차기
9. Down block Punch Axe kick / **HaDanMakGee MomTongChiGee JjikAChaGee** / 하단막기 몸통치기 찍어차기
10. Down Block Side Kick / **HaDanMakGee YupChaGee** / 하단막기 옆차기
11. Roundhouse kick back side kick / **DoIYeoChaGee DweeDoIA YupChaGee** / 돌려차기 뒤돌아 옆차기
12. Back swing kick / **DweeDoIYeoChaGee** / 뒤돌려차기
13. 1 leg double side kick / **HanBal YiDan YupChaGee** / 한발 이단 옆차기
14. Front kick 2 punches / **ApChaGee DuBunChiGee** / 앞차기 두번치기
15. Side kick 2 punches / **YupChaGee DuBunChiGee** / 옆차기 두번치기
16. Back side kick / **DweeDoIA YupChaGee** / 뒤돌아 옆차기
17. Jumping front kick / **DdweeA ApChaGee** / 뛰어 앞차기
18. Front leg front kick axe kick / **ApBal ApChaGee JjikAChaGee** / 앞발 앞차기 찍어차기
19. Back leg roundhouse kick 1 punch / **DoIYeoChaGee HanBunChiGee** / 돌려차기 한번치기
20. Front leg side kick / **ApBal YupChaGee** / 앞발 옆차기