



Hand Techniques

1. Palm strike to chin / **BaTangSon TukChiGee** / 바탕손턱치기 (Front stance)
2. GumKang block / **GumKangMakGee** / 금강막기 (Crane stance)
3. Big hinge strike / **KhunDolJjuhGee** / 큰돌쩌귀 (Horse stance)
4. Mountain block / **SanTulMakGee** / 산틀막기 (Horse stance)
5. Two hands separating block double hand body punch / **HaeChuhMakGee DuSon MomTongChiGee** / 헤쳐막기 두손 몸통치기 (Front stance)
6. One hand half-moon block down block back hand punch / **HanSon BanDaiMakGee HaDanMakGee BanDaeSon MomTongChiGee** / 한손 반달 막기 하단 막기 반대손 몸통치기 (Back to front stance)
7. Palm outside block / **BaTangSon BaKkatMakGee** / 바탕손 바깥막기 (Front stance)
8. Chestnut fist to the temple / **BamJuMuhk GuanJaNoriChiGee** / 밤주먹 관자놀이 치기 (Front stance)
9. Spear hand strike / **ChulSaJang JjeeRuhGee** / 철사장 찌르기 (Front stance)
10. Knife hand down block claw hand neck strike / **SonNal HaDanMakGee JibGaeSonChiGee** / 손날 하단막기 집게손치기 (Front stance)
11. Braced knee strike / **JapAh MuRupChiGee** / 잡아 무릎치기 (Front stance)
12. Claw hand neck strike / **JipGaeSonChiGee** / 집게손치기 (Front stance)
13. Double knife hand neck strike / **DuSonNal MokChiGee** / 두손날 목치기 (Front stance)
14. Side punch / **YupChiGee** / 옆치기 (Horse stance)
15. Back fist temple strike / **DungJuMuk YupChiGee** / 등주먹 옆치기 (Front stance)
16. Palm strike / **BaTangSonChiGee** / 바탕손치기 (Front stance)
17. Finger tips neck stab / **SonKkut MokJjiRuhGee** / 손끝 목찌르기 (Front stance)
18. Double knife hand block / **DuSonNal GuhDulUhMakGee** / 두손날 거들어막기 (Back stance)
19. Chestnut fist punch / **BahmJuMuhkChiGee** / 밤주먹치기 (Front stance)
20. Knife hand down block / **SonNal HaDanMakGee** / 손날 하단막기 (Front stance)



Foot Techniques

1. Front knee thrust / **MuRup AhpChiGee** / 무릎 앞치기
2. Roundhouse knee thrust / **MuRup DoIYuh ChiGee** / 무릎 돌려 치기
3. Jumping front kick with feet together / **MoDumBal AhpChaGee** / 모듬발 앞차기
4. Jumping back swing kick / **DdweeUh Dwee DoIYuhChaGee** / 뛰어 뒤 돌려차기
5. Jumping front kick back kick / **DdweeUh AhpChaGee DweeChaGee** / 뛰어 앞차기 뒤차기
6. Back hook kick / **DweeDoIAh HooRyeoChaGee** / 뒤돌아 후려차기
7. Knee front kick / **MuRup AhpChaGee** / 무릎 앞차기
8. Knee side kick / **MuRup YupChaGee** / 무릎 옆차기
9. Roundhouse kick and back swing kick with one leg / **HanBal DoIYuhChaGee DweeDoIYuhChaGee** / 한발 돌려차기 뒤 돌려차기
10. Step over half tornado kick / **WaeBal WhaeJuen DoIYuhChaGee** / 외발 회전 돌려차기
11. Tornado kick back swing kick / **WhaeOhRi ChaGee DweeDoIYuhChaGee** / 회오리 차기 뒤 돌려차기
12. Hook kick / **HuRyeoChaGee** / 후려차기
13. Pushing front kick / **MilA ApChaGee** / 밀어 앞차기
14. Round house kick back swing kick / **DoIYeoChaGee DweeDoIYeoChaGee** / 돌려차기 뒤돌려차기
15. 1 leg front kick side kick / **HanBal ApChaGee YupChaGee** / 한발 앞차기 옆차기
16. Inside crescent kick / **ChoSungDal Ahn ChaGee** / 초승달 안 차기
17. 1 leg double roundhouse kick / **HanBal YiDan DoIYeoChaGee** / 한발 이단 돌려차기
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