



Hand Techniques

1. Double knife hand separating down block / **DuSonNal HaDan HaeChuhMakGee** / 두손날 하단 헤쳐막기 (Tiger stance)
2. Palm disband block body punch / **BaTangSon JaeChuhMakGee MomTongChiGee** / 바탕손 제쳐막기 몸통치기 (Front stance)
3. GumKang body block / **GumKang MomTang MakGee** / 금강 몸통막기 (Back stance)
4. Pull chin punch side body punch / **DangGyeo TukChiGee MomTongYupChiGee** / 당겨턱치기 몸통옆치기 (Back stance)
5. Elbow target strike / **PalGoop PyeoJeukChiGee** / 팔꿈 표적치기 (Front stance)
6. Spinning back fist strike / **DweeDolAh DungJuMuhk YupChiGee** / 뒤돌아 등주먹 옆치기 (Back stance)
7. Two hands separating block double knife hand neck strike / **HaeChuhMakGee DuSonNal MokChiGee** / 헤쳐막기 두손날 목치기 (Front stance)
8. Chestnut fist to the face / **BamJuMuhk InJungChiGee** / 밤주먹 인중치기 (Front stance)
9. Ridge hand strike / **YukSooChiGee** / 역수치기 (Front stance)
10. Big hinge strike / **KhunDolJjuhGee** / 큰돌쩌귀 (Horse stance)
11. Mountain block / **SanTulMakGee** / 산틀막기 (Horse stance)
12. Braced knee strike / **JapAh MuRupChiGee** / 잡아 무릎치기 (Front stance)
13. Inside forearms separating block / **AhnPalMok HaeChuhMakGee** / 안팔목 헤쳐막기 (Front stance)
14. Double knife hand neck strike / **DuSonNal MokChiGee** / 두손날 목치기 (Front stance)
15. Pull, Chin strike / **DangGyeo TukChiGee** / 당겨 턱치기 (Front stance)
16. Back fist temple strike / **DungJuMuk YupChiGee** / 등주먹 옆치기 (Front stance)
17. Scissors block / **GahWeeMakGee** / 가위막기 (Front stance)
18. Knife hand high block and body punch with one hand / **HanSonNal SangDanMakGee MomTongChiGee** / 한손날 상단막기 몸통치기 (Back stance)
19. Two hands cross high block / **DuSon UtGulUh SangDanMakGee** / 두손 엇걸어 상단막기 (Front stance)
20. Finger tips body stab / **SonKkut MomTongJjiRuhGee** / 손끝 몸통찌르기 (Front stance)



Foot Techniques

1. Scissors block, front kick, two punches / **GahWeeMakGee, AhpChaGee, MomTongDuBunChiGee** / 가위막기, 앞차기, 몸통두번치기
2. One leg triple front kick / **HanBal SamDan AhpChaGee** / 한발 3 단 앞차기
3. Two legs triple front kick / **DuBal SamDan AhpChaGee** / 두발 삼단 앞차기
4. Sitting back kick / **AhnJa DweeChaGee** / 앉아 뒤차기
5. Jumping side kick back side kick / **DdweeUh YupChaGee DweeDolAh YupChaGee** / 뛰어 옆차기 뒤돌아 옆차기
6. One leg double front kick back kick / **HanBal YiDan AhpChaGee DweeChaGee** / 한발 이단 앞차기 뒤차기
7. One leg double side kick back side kick / **HanBal YiDan YupChaGee DweeDolAh YupChaGee** / 한발 이단 옆차기 뒤돌아 옆차기
8. One leg double roundhouse kick back swing kick / **HanBal YiDan DolYuhChaGee Dwee DolYuhChaGee** / 한발 이단 돌려차기 뒤 돌려차기
9. Knee roundhouse kick / **MuRup DolYuhChaGee** / 무릎 돌려차기
10. Jumping front kick with feet together / **MoDumBal AhpChaGee** / 모듬발 앞차기
11. Jumping back swing kick / **DdweeUh Dwee DolYuhChaGee** / 뛰어 뒤 돌려차기
12. Step over half tornado kick / **WaeBal WhaeJuen DolYuhChaGee** / 외발 회전 돌려차기
13. Tornado kick back swing kick / **WhaeOhRi ChaGee DweeDolYuhChaGee** / 회오리 차기 뒤 돌려차기
14. Pushing front kick / **MilA ApChaGee** / 밀어 앞차기
15. Tornado kick / **WhaeOhRiChaGee** / 회오리차기
16. 1 leg front kick side kick / **HanBal ApChaGee YupChaGee** / 한발 앞차기 옆차기
17. Inside out roundhouse kick / **BeTulAChaGee** / 비틀어 차기
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