



Hand Techniques

1. Upward elbow strike / **PalGup OIYuhChiGee** / 팔꿈 올려치기 (Front stance)
2. Double knife hand body and down block / **DoSonNal GuhDuUh MomTong HaDan DoIYuhMakGee** / 두손날 거덜어 몸통 하단 돌려막기 (Back stance)
3. Supported inside forearm side block / **GuhDuUh AhnPalmok YupMakGee** / 거들어 안팔목 옆막기 (Horse Stance)
4. Pull back fist chin strike / **DangGyeo DungJuMuhkTukChiGee** / 당겨 등주먹 턱치기 (Front stance)
5. Yoke strike / **MungEhChiGee** / 멩에치기 (moving forward into front twisted stance 앞 꼬아서기)
6. Inside forearms separating side blocks / **YangPalMok HaeChuhYupMakGee** / 양팔목 헤쳐옆막기 (Horse stance)
7. One knife hand half-moon block down block back hand punch / **HanSonNal BanDalMakGee HaDanMakGee BanDaeSon MomTongChiGee** / 한손날 반달 막기 하단 막기 반대손 몸통치기 (Back to front stance)
8. Two fingertip eye stab / **JibGae SonGaRahk Noon JjeeRuhGee** / 집게 손가락 눈 찌르기 (Front stance)
9. Inside and outside block two punches / **AhnBakMakGee DuBunChiGee** / 안밖막기 두번치기 (Front stance)
10. Pull chin punch side body punch / **DangGyeo TukChiGee MomTongYupChiGee** / 당겨턱치기 몸통옆치기 (Back stance)
11. Elbow target strike / **PalGoop PyeoJeukChiGee** / 팔꿈 표적치기 (Front stance)
12. Mountain block / **SanTulMakGee** / 산틀막기 (Horse stance)
13. Two hands separating block double hand body punch / **HaeChuhMakGee DuSon MomTongChiGee** / 헤쳐막기 두손 몸통치기 (Front stance)
14. Inside forearms separating block / **AhnPalMok HaeChuhMakGee** / 안팔목 헤쳐막기 (Front stance)
15. Knife hand outside block target punch / **SonNal BaKkatMakGee PyeoJeukChiGee** / 손날 바깥막기 표적치기 (Horse stance)
16. Pull, Chin strike / **DangGyeo TukChiGee** / 당겨 턱치기 (Front stance)
17. Scissors block / **GahWeeMakGee** / 가위막기 (Front stance)
18. Palm down block / **BaTangSon HaDanMakGee** / 바람손 하단막기 (Front stance)
19. Elbow strike / **PalGgoopChiGee** / 팔꿈치기 (Front stance)
20. Bird form strike / **JaeBeePoom MokChiGee** / 제비뿔 목치기 (Front stance)



Foot Techniques

1. Front kick back side kick / **AhpChaGee DweeDolAh Yup ChaGee** / 앞차기 뒤돌아 옆차기
2. One leg triple side kick / **HanBal SamDan YupChaGee** / 한발 3 단 옆차기
3. Two legs triple roundhouse kick / **DuBal SamDan DolYuhChaGee** / 두발삼단 돌려차기
4. Sitting back side kick / **AhnJa DweeDolAh YupChaGee** / 앉자 뒤돌아 옆차기
5. Jumping roundhouse kick back swing kick / **DdweeUh DolYuhChaGee DweeDolYuhChaGee** / 뛰어 돌려차기 뒤돌려차기
6. Scissors kick / **GahWeeChaGee** / 가위차기
7. Inside crescent kick back side kick / **ChoSungDal AhnChaGee DweeDolAh YupChaGee** / 초승달 안차기 뒤돌아 옆차기
8. Inside crescent kick back swing kick / **ChoSungDal AhnChaGee Dwee DolYuhChaGee** / 초승달 안차기 뒤돌려 차기
9. Two legs triple front kick / **DuBal SamDan AhpChaGee** / 두발 삼단 앞차기
10. Sitting back kick / **AhnJa DweeChaGee** / 앉아 뒤차기
11. Jumping side kick back side kick / **DdweeUh YupChaGee DweeDolAh YupChaGee** / 뛰어 옆차기 뒤돌아 옆차기
12. Jumping back swing kick / **DdweeUh Dwee DolYuhChaGee** / 뛰어 뒤 돌려차기
13. Jumping front kick back kick / **DdweeUh AhpChaGee DweeChaGee** / 뛰어 앞차기 뒤차기
14. Tornado kick back swing kick / **WhaeOhRi ChaGee DweeDolYuhChaGee** / 회오리 차기 뒤 돌려차기
15. Flying side kick / **NalYuh YupChaGee** / 날려 옆차기
16. Tornado kick / **WhaeOhRiChaGee** / 회오리차기
17. Inside out roundhouse kick / **BeTulAChaGee** / 비틀어 차기
18. Outside Crescent Kick / **ChoSungDal BaKkakChaGee** / 초승달 바깥 차기
19. Side kick back side kick / **YupChaGee DweeDolA YupChaGee** / 옆차기 뒤돌아 옆차기
20. Axe kick 2 punches / **JjikAChaGee DuBunChiGee** / 찍어차기 두번치기