



## Hand Techniques

1. Wrist supported inside forearm outside block / **SonMok** **GuhDulUh** **AhnPalMok** **BaKkatMakGee** / 손목 거들어 안팔목 바깥막기 (Back stance)
2. Two fingertip stabs two punches / **SonKkut** **MomTong** **DuBun** **JjeeRuhGee** **JuMuhk** **DuBunChiGee** / 손끝 몸통 두번 찌르기 주먹 두번치기 (Front stance)
3. Pull side punch / **JahpAhDangGyeo** **YupChiGee** / 잡아당겨 옆치기 (Horse stance)
4. Pushing rock block / **BaWeeMillGee** / 바위 밀기 (Front stance)
5. Open hand inside forearm separating block / **PyunSon** **AhnPalMok** **HaeChuhMakGee** / 편손 안팔목 헤쳐막기 (Horse stance)
6. Inside forearm rising block / **AhnPalMok** **OiYuhMakGee** / 안팔목 올려막기 (Front stance)
7. Offset punch / **ChatDaRi** **ChiGee** / 챗다리 치기 (Back stance)
8. Supported back fist strike / **GuhDulUh** **DungJuMuhk** **InJungChiGee** / 거들어 등주먹 인중치기 (Back twisted stance, 뒷꼬아서기)
9. Double open back hand down block / **PyunSonDung** **UtGulUh** **HaDanMakGee** / 편손등 엇걸어 하단막기 (Tiger stance, 범서기)
10. Yoke strike / **MungEhChiGee** / 멩에치기 (앞 꼬아서기)
11. Inside forearms separating side blocks / **YangPalMok** **HaeChuhYupMakGee** / 양팔목 헤쳐옆막기 (Horse stance)
12. Elbow target strike / **PalGoop** **PyeoJeukChiGee** / 팔꿈 표적치기 (Front stance)
13. Spinning back fist strike / **DweeDolAh** **DungJuMuhk** **YupChiGee** / 뒤돌아 등주먹 옆치기 (Back stance)
14. Two hands separating block double hand body punch / **HaeChuhMakGee** **DuSon** **MomTongChiGee** / 헤쳐막기 두손 몸통치기 (Front stance)
15. 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)
16. Knife hand outside block target punch / **SonNal** **BaKkatMakGee** **PyeoJeukChiGee** / 손날 바깥막기 표적치기 (Horse stance)
17. Fingertip lower ab stab down block / **SonKkut** **DanJeun** **JjeeRuhGee** **HaDanMakGee** / 손끝 단전 찌르기 하단막기 (Front to walking stance)
18. Half mountain block / **WhaeSanTulMakGee** / 외산틀막기 (Reverse front stance)
19. Double knife hand down block / **DuSonNal** **GuhDulUh** **HaDanMakGee** / 두손날 거들어 하단막기 (Back stance)
20. Knife hand down block and body punch with one hand / **HanSonNal** **HaDanMakGee** **MomTongChiGee** / 한손날 하단막기 몸통치기 (Back stance)



## Foot Techniques

1. Catching Kick / **NakAhChaGee** / 낚아차기
2. One leg triple roundhouse kick / **HanBal SamDan DolYuhChaGee** / 한발 3 단 돌려차기
3. Two legs triple side kick / **DuBal SamDan YupChaGee** / 두발 삼단 옆차기
4. Sitting back swing kick / **AhnJa Dwee DolYuhChaGee** / 앉자 뒤 돌려차기
5. Jumping side kick with feet together / **MoDumBal YupChaGee** / 모듬발 옆차기
6. Split front kick / **YangBal AhpChaGee** / 양발 앞차기
7. One leg inside out roundhouse kick roundhouse kick / **HanBal BeTulUhChaGee DolYuhChaGee** / 한발 비틀어 차기 돌려차기
8. One leg tripping kick hook kick / **Han Bal BalMokChaGee HooRyeoChaGee** / 한발 발목차기 후려차기
9. Two legs triple roundhouse kick / **DuBal SamDan DolYuhChaGee** / 두발삼단 돌려차기
10. Jumping roundhouse kick back swing kick / **DdweeUh DolYuhChaGee DweeDolYuhChaGee** / 뛰어 돌려차기 뒤돌려차기
11. Scissors kick / **GahWeeChaGee** / 가위차기
12. Jumping side kick back side kick / **DdweeUh YupChaGee DweeDolAh YupChaGee** / 뛰어 옆차기 뒤돌아 옆차기
13. One leg double front kick back kick / **HanBal YiDan AhpChaGee DweeChaGee** / 한발 이단 앞차기 뒤차기
14. Jumping front kick back kick / **DdweeUh AhpChaGee DweeChaGee** / 뛰어 앞차기 뒤차기
15. Back hook kick / **DweeDolAh HooRyeoChaGee** / 뒤돌아 후려차기
16. Flying side kick / **NalYuh YupChaGee** / 날려 옆차기
17. Inside block back side kick / **AhnMakGee DweeDolAh YupChaGee** / 안막기 뒤돌아 옆차기
18. Jumping back side kick / **DdweeA DweeDolA YupChaGee** / 뛰어 뒤돌아 옆차기
19. 1 leg front kick roundhouse kick / **HanBal ApChaGee DolYeoChaGee** / 한발 앞차기 돌려차기
20. Outside block Roundhouse Kick / **BaKkatMakGee DolYeoChaGee** / 바깥막기 돌려차기