

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 BanDalMakGee 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 outside block target punch / SonNal BaKkatMakGee PyeoJeukChiGee / 손날 바깥막기 표적치기 (Horse stance)
11. Fingertip lower ab stab down block / SonKkut DanJeun JjeeRuhGee HaDanMakGee / 손끝 단전 찌르기 하단막기 (Front to walking stance)
12. Half mountain block / WhaeSanTulMakGee / 외산틀막기 (Reverse front stance)
13. Knife hand outside block back hand punch / SonNal BaKkatMakGee BanDaeSon MomTongChiGee / 손날 바깥막기 반대손 몸통치기 (back stance to front stance)
14. Double knife hand down block / DuSonNal GuhDulUh HaDanMakGee / 두손날 거들어 하단막기 (Back stance)
15. Knife hand outside block, opposite hand side punch / SonNal BaKkatMakGee BanDaeSon YupChiGee / 손날 바깥막기 반대손 옆치기 (Horse stance)
16. Knife hand down block and body punch with one hand / HanSonNal HaDanMakGee MomTongChiGee / 한손날 하단막기 몸통치기 (Back stance)
17. Half-moon block / BanDalMakGee / 반달막기 (Front stance)
18. Back fist strike / DungJuMuhk InJungChiGee / 등주먹 인중치기 (Front stance)
19. Knife hand outside block / SonNal BaKkatMakGee / 손날 바깥막기 (Back stance)
20. Two hands outside block / HaeCheoMakGee / 헤쳐막기 (Front stance)

Foot Techniques

1. Front knee thrust / **MuRup AhpChiGee** / 무릎 앞치기
2. Roundhouse knee thrust / **MuRup DolYuh ChiGee** / 무릎 돌려 치기
3. Jumping front kick with feet together / **MoDumBal AhpChaGee** / 모듬발 앞차기
4. Jumping back swing kick / **DdweeUh Dwee DolYuhChaGee** / 뛰어 뒤 돌려차기
5. Jumping front kick back kick / **DdweeUh AhpChaGee DweeChaGee** /
뛰어 앞차기 뒤차기
6. Back hook kick / **DweeDolAh 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 DolYuhChaGee**
DweeDolYuhChaGee / 한발 돌려차기 뒤 돌려차기
10. Flying side kick / **NalYuh YupChaGee** / 날려 옆차기
11. Inside block back side kick / **AhnMakGee DweeDolAh YupChaGee** /
안막기 뒤돌아 옆차기
12. Jumping back side kick / **DdweeA DweeDolA YupChaGee** 뛰어 뒤돌아 옆차기
13. Half tornado kick back swing kick / **Ban WhaeOhRiChaGee DweeDolYeoChaGee** /
반 회오리차기 뒤돌려차기
14. 1 leg front kick roundhouse kick / **HanBal ApChaGee DolYeoChaGee** /
한발 앞차기 돌려차기
15. Half tornado kick / **Ban WhaeOhRiChaGee** / 반 회오리차기
16. Outside block Roundhouse Kick / **BaKkatMakGee DolYeoChaGee** /
바깥막기 돌려차기
17. Down Block Side Kick / **HaDanMakGee YupChaGee** / 하단막기 옆차기
18. 1 leg double front kick / **HanBal YiDan ApChaGee** / 한발 이단 앞차기
19. Front kick back Kick / **ApChaGee DweeChaGee** / 앞차기 뒤차기
20. Jumping axe kick / **DdweeA JjikAChaGee** / 뛰어 찍어차기