

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 / 뒤희돌아 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. 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)
11. Palm outside block / BaTangSon BaKkatMakGee / 바탕손 바깥막기 (Front stance)
12. Fingertip lower ab stab down block / SonKkut DanJeun JjeeRuhGee HaDanMakGee / 손끝 단전 찌르기 하단막기 (Front to walking stance)
13. Palm pushing down block elbow strike / BaTangSon NoolLuhMakGee PalKoopChiGee / 바탕손 눌러막기 팔꿈치치기 (Walking to horse stance)
14. Knife hand outside block back hand punch / SonNal BaKkatMakGee BanDaeSon MomTongChiGee / 손날 바깥막기 반대손 몸통치기 (back stance to front stance)
15. Knife hand outside block, opposite hand side punch / SonNal BaKkatMakGee BanDaeSon YupChiGee / 손날 바깥막기 반대손 옆치기 (Horse stance)
16. Palm inside block / BaTangSon AhnMakGee / 바탕손 안막기 (Front stance)
17. Back fist punch inside block / DungJuMukChiGee AhnMakGee / 등주먹치기 안막기 (Front stance)
18. Inside block two punches / AhnMakGee DuBunChiGee / 안막기 두번치기 (Front stance)
19. Knife hand inside block / SonNal AhnMakGee / 손날 안막기 (Back stance)
20. Four body punches / MomTong NaeBunChiGee / 몸통 네번치기 (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. Back hook kick / **DweeDolAh HooRyeoChaGee** / 뒤돌아 후려차기
11. Knee front kick / **MuRup AhpChaGee** / 무릎 앞차기
12. Inside block back side kick / **AhnMakGee DweeDolAh YupChaGee** / 안막기 뒤돌아 옆차기
13. One leg side kick roundhouse kick / **HanBal YupChaGee DolYuhChaGee** / 한발 옆차기 돌려차기
14. Half tornado kick back swing kick / **Ban WhaeOhRiChaGee DweeDolYeoChaGee** / 반 회오리차기 뒤돌려차기
15. 2 leg double roundhouse kick back swing kick / **DuBal YiDan DolYeoChaGee DweeDolYeoChaGee** / 두발 이단 돌려차기 뒤돌려차기
16. Half tornado kick / **Ban WhaeOhRiChaGee** / 반 회오리차기
17. Down Block Side Kick / **HaDanMakGee YupChaGee** / 하단막기 옆차기
18. Back swing kick / **DweeDolYeoChaGee** / 뒤돌려차기
19. Front kick 2 punches / **ApChaGee DuBunChiGee** / 앞차기 두번치기
20. Back side kick / **DweeDolA YupChaGee** / 뒤돌아 옆차기