

Hand Techniques

1. Upward elbow strike / PalGup OIYuhChiGee / 팔꿈 올려치기 (Front stance)
2. Double knife hand body and down block / DoSonNal GuhDulUh MomTong HaDan DoIYuhMakGee / 두손날 거덜어 몸통 하단 돌려막기 (Back stance)
3. Supported inside forearm side block / GuhDulUh AhnPalMok YupMakGee / 거들어 안팔목 옆막기 (Horse Stance)
4. Pull back fist chin strike / DangGyeo DungJuMuhkTukChiGee / 당저 등주먹 턱치기 (Front stance)
5. Yoke strike / MungEhChiGee / 멍에치기 (Front twisted stance)
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. Two hands separating block double knife hand neck strike / HaeChuhMakGee DuSonNal MokChiGee / 헤쳐막기 두손날 목치기 (Front stance)
11. Chestnut fist to the face / BamJuMuhk InJungChiGee / 밤주먹 인 중치기 (Front stance)
12. Ridge hand strike / YukSooChiGee / 역수치기 (Front stance)
13. Palm outside block / BaTangSon BaKkatMakGee / 바탕손 바깥막기 (Front stance)
14. Chestnut fist to the temple / BamJuMuhk GuanJaNoriChiGee / 밤주먹 관자놀이 치기 (Front stance)
15. Spear hand strike / ChulSaJang JjeeRuhGee / 철사장 찌르기 (Front stance)
16. Palm pushing down block elbow strike / BaTangSon NoolLuhMakGee PalKoopChiGee / 바탕손 눌러막기 팔꿈치기 (Walking to horse stance)
17. Reverse knife hand neck strike same hand down block / HanSonNal Mok BanDaeChiGee HaDanMakGee / 한손날 목 반대치기 하단막기 (Front stance)
18. Knife hand down block back hand punch / SonNal HaDanMakGee BanDaeSon MomTongChiGee / 손날 하단막기 반대손 몸통치기 (back stance to front stance)
19. Knife hand inside block and body punch with one hand HanSonNal AhnMakGee MomTongChiGee / 한손날 안막기 몸통치기 (Back stance)
20. Half-moon block two punches / BanDalMakGee DuBunChiGee / 반달박기 두번치기 (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. One leg double side kick back side kick / HanBal YiDan YupChaGee DweeDolAh YupChaGee / 한발 이단 옆차기 뒤돌아 옆차기
11. One leg double roundhouse kick back swing kick / HanBal YiDan DolYuhChaGee Dwee DolYuhChaGee / 한발 이단 돌려차기 뒤 돌려차기
12. Knee roundhouse kick / MuRup DolYuhChaGee / 무릎 돌려차기
13. Knee front kick / MuRup AhpChaGee / 무릎 앞차기
14. Roundhouse kick and back swing kick with one leg / HanBal DolYuhChaGee DweeDolYuhChaGee / 한발 돌려차기 뒤 돌려차기
15. One leg side kick roundhouse kick / HanBal YupChaGee DolYuhChaGee / 한발 옆차기 돌려차기
16. Front leg hook kick / AhpBal HooRyeoChaGee / 앞발 후려차기
17. Jumping back side kick / DdweeUh DweeDolAh YupChaGee / 뛰어 뒤돌아 옆차기
18. 2 leg double roundhouse kick back swing kick / DuBal YiDan DolYeoChaGee DweeDolYeoChaGee / 두발 이단 돌려차기 뒤돌려차기
19. Down block Punch Axe kick / HaDanMakGee MomTongChiGee JjikAChaGee / 하단막기 몸통치기 찍어차기
20. Roundhouse kick back side kick / DolYeoChaGee DweeDolA YupChaGee / 돌려차기 뒤돌아 옆차기