

Hand Techniques

1. Wrist supported inside forearm outside block / **SonMok GuhDulUh AhnPaiMok 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 AhnPaiMok HaeChuhMakGee** / 편손 안팔목 헤쳐막기 (Horse stance)
6. Inside forearm rising block / **AhnPaiMok 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)
9. Double open back hand down block / **PyunSonDung UtGulUh HaDanMakGee** / 편손등 엇걸어 하단막기 (Tiger stance)
10. Upward elbow strike / **PalGup OIYuhChiGee** / 팔꿈치 올려치기 (Front stance)
11. Double knife hand body and down block / **DoSonNal GuhDulUh MomTong HaDan DoIYuhMakGee** / 두손날 거덜어 몸통 하단 돌려막기 (Back stance)
12. Double knife hand separating down block / **DuSonNal HaDan HaeChuhMakGee** / 두손날 하단 헤쳐막기 (Tiger stance)
13. Palm disband block body punch / **BaTangSon JaeChuhMakGee MomTongChiGee** / 바탕손 제쳐막기 몸통치기 (Front stance)
14. Palm strike to chin / **BaTangSon TukChiGee** / 바탕손턱치기 (Front stance)
15. GumKang block / **GumKangMakGee** / 금강막기 (Crane stance)
16. Reverse knife hand neck strike body punch / **SonNal Mok BanDaeChiGee MomTong ChiGee** / 손날 목 반대치기 몸통치기 (Front stance)
17. Knife hand down block claw hand neck strike / **SonNal HaDanMakGee JibGaeSonChiGee** / 손날 하단막기 집게손치기 (Front stance)
18. Double hand block / **DuSon GuhDulUhMakGee** / 두손 거들어막기 (Back stance)
19. Knife hand outside block and body punch with one hand **HanSonNal BaKkatMakGee MomTongChiGee** / 한손날 바깥막기 몸통치기 (Back stance)
20. Double knife hand block one punch / **DuSonNal GuhDulUhMakGee MomTongChiGee** / 두손날 거들어막기 몸통치기 (back stance to front 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. Front kick back side kick / **AhpChaGee DweeDolAh Yup ChaGee** / 앞차기 뒤돌아 옆차기
11. One leg triple side kick / **HanBal SamDan YupChaGee** / 한발 3 단 옆차기
12. Scissors block, front kick, two punches / **GahWeeMakGee, AhpChaGee, MomTongDuBunChiGee** / 가위막기, 앞차기, 몸통두번치기
13. One leg triple front kick / **HanBal SamDan AhpChaGee** / 한발 3 단 앞차기
14. Front knee thrust / **MuRup AhpChiGee** / 무릎 앞치기
15. Roundhouse knee thrust / **MuRup DolYuh ChiGee** / 무릎 돌려 치기
16. Front kick, knife hand down block, claw hand neck strike / **AhpChaGee, SonNal HaDan MakGee, JibGaeSon ChiGee** / 앞차기, 손날 하단막기, 집게손치기
17. Roundhouse kick and back swing kick with one leg / **HanBal DolYuhChaGee DweeDolYuhChaGee** / 한발 돌려차기 뒤 돌려차기
18. Half-moon kick / **BanDalChaGee** / 반달차기
19. Outside block Punch Roundhouse kick / **BaKkatMakGee MomTongChiGee DolYeoChaGee** / 바깥막기 몸통치기 돌려차기
20. 2 leg double front kick / **DuBal YiDan ApChaGee** / 두발 이단 앞차기