

Hand Techniques

1. Reverse knife hand neck strike body punch / SonNal Mok BanDaeChiGee MomTong ChiGee / 손날 목 반대치기 몸통치기 (Front stance)
2. Knife hand down block claw hand neck strike / SonNal HaDanMakGee JibGaeSonChiGee / 손날 하단막기 집게손치기 (Front stance)
3. Braced knee strike / JapAh MuRupChiGee / 잡아 무릎치기 (Front stance)
4. Inside forearms separating block / AhnPalMok HaeChuhMakGee / 안팔목 헤쳐막기 (Front stance)
5. Knife hand outside block target punch / SonNal BaKkatMakGee PyeoJeukChiGee / 손날 바깥막기 표적치기 (Horse stance)
6. Fingertip lower ab stab down block / SonKkut DanJeun JjeeRuhGee HaDanMakGee / 손끝 단전 찌르기 하단막기 (Front to walking stance)
7. Palm pushing down block elbow strike / BaTangSon NoolLuhMakGee PalKoopChiGee / 바탕손 눌러막기 팔꿈치기 (Walking to horse stance)
8. Reverse knife hand neck strike same hand down block / HanSonNal Mok BanDaeChiGee HaDanMakGee / 한손날 목 반대치기 하단막기 (Front stance)
9. Knife hand neck strike same hand down block / HanSonNal MokChiGee HaDanMakGee / 한손날 목치기 하단막기 (Front stance)
10. Pull, Chin strike / DangGyeo TukChiGee / 당겨 턱치기 (Front stance)
11. Half mountain block / WhaeSanTulMakGee / 외산틀막기 (Reverse front stance)
12. Scissors block / GahWeeMakGee / 가위막기 (Front stance)
13. Double knife hand down block / DuSonNal GuhDulUh HaDanMakGee / 두손날 거들어 하단막기 (Back stance)
14. Palm down block / BaTangSon HaDanMakGee / 바탕손 하단막기 (Front stance)
15. Knife hand down block and body punch with one hand / HanSonNal HaDanMakGee MomTongChiGee / 한손날 하단막기 몸통치기 (Back stance)
16. Elbow strike / PalGgoopChiGee / 팔꿈치기 (Front stance)
17. Half-moon block / BanDalMakGee / 반달막기 (Front stance)
18. Bird form strike / JaeBeePoom MokChiGee / 제비뿔 목치기 (Front stance)
19. High block two punches / SangDanMakGee DuBunChiGee / 상단막기 두번치기 (Front stance)
20. Knife hand neck strike / SonNal MokChiGee / 손날 목치기 (Front stance)

Foot Techniques

1. Front kick, knife hand down block, claw hand neck strike / AhpChaGee, SonNal HaDan MakGee, JibGaeSon ChiGee / 앞차기, 손날 하단막기, 집게손치기
2. Roundhouse kick and back swing kick with one leg / HanBal DolYuhChaGee DweeDolYuhChaGee / 한발 돌려차기 뒤 돌려차기
3. Step over half tornado kick / WaeBal WhaeJuen DolYuhChaGee / 외발 회전 돌려차기
4. Tornado kick back swing kick / WhaeOhRi ChaGee DweeDolYuhChaGee / 회오리 차기 뒤 돌려차기
5. Flying side kick / NalYuh YupChaGee / 날려 옆차기
6. Inside block back side kick / AhnMakGee DweeDolAh YupChaGee / 안막기 뒤돌아 옆차기
7. One leg side kick roundhouse kick / HanBal YupChaGee DolYuhChaGee / 한발 옆차기 돌려차기
8. Front leg hook kick / AhpBal HooRyeoChaGee / 앞발 후려차기
9. Jumping back side kick / DdweeUh DweeDolAh YupChaGee / 뛰어 뒤돌아 옆차기
10. Tornado kick / WhaeOhRiChaGee / 회오리차기
11. Hook kick / HuRyeoChaGee / 후려차기
12. Inside out roundhouse kick / BeTulAChaGee / 비틀어 차기
13. 1 leg front kick roundhouse kick / HanBal ApChaGee DolYeoChaGee / 한발 앞차기 돌려차기
14. Outside Crescent Kick / ChoSungDal BaKkakChaGee / 초승달 바깥 차기
15. Outside block Roundhouse Kick / BaKkatMakGee DolYeoChaGee / 바깥막기 돌려차기
16. Side kick back side kick / YupChaGee DweeDolA YupChaGee / 옆차기 뒤돌아 옆차기
17. 1 leg double front kick / HanBal YiDan ApChaGee / 한발 이단 앞차기
18. Axe kick 2 punches / JjikAChaGee DuBunChiGee / 찍어차기 두번치기
19. Jumping roundhouse kick / DdweeA DolYeoChaGee / 뛰어 돌려차기
20. 2 leg side kick roundhouse kick / DuBal YupChaGee DolYeoChaGee / 두발 옆차기 돌려차기