

Hand Techniques

1. Double hand block / DuSon GuhDulUhMakGee / 두손 거들어막기 (Back stance)
2. Claw hand neck strike / JipGaeSonChiGee / 집게손치기 (Front stance)
3. Double knife hand neck strike / DuSonNal MokChiGee / 두손날 목치기 (Front stance)
4. Pull, Chin strike / DangGyeo TukChiGee / 당겨 턱치기 (Front stance)
5. Half mountain block / WhaeSanTulMakGee / 외산틀막기 (Reverse front stance)
6. Knife hand outside block back hand punch / SonNal BaKkatMakGee BanDaeSon MomTongChiGee / 손날 바깥막기 반대손 몸통치기 (Back stance to front stance)
7. Knife hand down block back hand punch / SonNal HaDanMakGee BanDaeSon MomTongChiGee / 손날 하단막기 반대손 몸통치기 (Back stance to front stance)
8. Back fist temple strike / DungJuMuk YupChiGee / 등주먹 옆치기 (Front stance)
9. Scissors block / GahWeeMakGee / 가위막기 (Front stance)
10. Knife hand high block and body punch with one hand / HanSonNal SangDanMakGee MomTongChiGee / 한손날 상단막기 몸통치기 (Back stance)
11. Palm down block / BaTangSon HaDanMakGee / 바탕손 하단막기 (Front stance)
12. Two hands cross high block / DuSon UtGulUh SangDanMakGee / 두손 엇걸어 상단막기 (Front stance)
13. Elbow strike / PalGgoopChiGee / 팔꿈치기 (Front stance)
14. Finger tips body stab / SonKkut MomTongJjiRuhGee / 손끝 몸통찌르기 (Front stance)
15. Bird form strike / JaeBeePoom MokChiGee / 제비뿔 목치기 (Front stance)
16. Down block two punches / HaDanMakGee DuBunChiGee / 하단막기 두번치기 (Front stance)
17. High block two punches / SangDanMakGee DuBunChiGee / 상단막기 두번치기 (Front stance)
18. Knife hand high block / SonNal SangDanMakGee / 손날 상단막기 (Front stance)
19. High block / SangDan MakGee / 상단막기 (Walking stance)
20. Low punch / HaDanChiGee / 하단치기 (Walking stance)

Foot Techniques

1. Half-moon kick / BanDalChaGee / 반달차기
2. Hook kick / HuRyeoChaGee / 후려차기
3. Pushing front kick / MilA ApChaGee / 밀어 앞차기
4. Tornado kick / WhaeOhRiChaGee / 회오리차기
5. Jumping back side kick / DdweeA DweeDolA YupChaGee 뛰어 뒤돌아 옆차기
6. Half tornado kick back swing kick / Ban WhaeOhRiChaGee DweeDolYeoChaGee / 반 회오리차기 뒤돌려차기
7. 2 leg double roundhouse kick back swing kick / DuBal YiDan DolYeoChaGee DweeDolYeoChaGee / 두발 이단 돌려차기 뒤돌려차기
8. 1 leg front kick side kick / HanBal ApChaGee YupChaGee / 한발 앞차기 옆차기
9. Inside out roundhouse kick / BeTulAChaGee / 비틀어 차기
10. 2 leg double roundhouse kick / DuBal YiDan DolYeoChaGee / 두발 이단 돌려차기
11. Outside Crescent Kick / ChoSungDal BaKkakChaGee / 초승달 바깥 차기
12. High block front Kick / SangDanMakGee ApChaGee / 상단막기 앞차기
13. Side kick back side kick / YupChaGee DweeDolA YupChaGee / 옆차기 뒤돌아 옆차기
14. Roundhouse kick 2 punches / DolYeoChaGee DuBunChiGee / 돌려차기 두번치기
15. Axe kick 2 punches / JjikAChaGee DuBunChiGee / 찍어차기 두번치기
16. Jumping side kick / DdweeA YupChaGee / 뛰어 옆차기
17. Jumping roundhouse kick / DdweeA DolYeoChaGee / 뛰어 돌려차기
18. 2 leg front kick axe kick / DuBal ApChaGee JjikAChaGee / 두발 앞차기 찍어차기
19. Back leg side kick 1 punch / YupChaGee HanBunChiGee / 옆차기 한번치기
20. Front leg roundhouse kick / ApBal DolYeoChaGee / 앞발 돌려차기