



THE BASICS

Stance: **Sogi**

1. Walking stance -- Gunnan Sogi (goonan)
 2. L stance -- Niunja Sogi (Knee-un-ja)
 3. Fighting stance -- Matsoki Sogi (Mot-so-gee)
 4. Sitting stance -- Annun Sogi (on-nun)
 5. Close stance (cat stance)
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Block: **Magi (ma-gee)**

1. High -- Nopunde (no-pun-day)
 2. Middle -- Kaunde (cow-un-day)
 3. Low -- Najunde (na-jun-day)
 4. "X" -- Son-jumok
 5. Knife hand guarding -- Sonkal (son-cal)
 6. In to out -- out to in
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Fist: **Joomuk**

Punch: Jirugi (jer-u-gee)

1. High -- Nopunde (no-pun-day)
 2. Middle -- Kaunde (cow-un-day)
 3. Low -- Najunde (na-jun-day)
 4. Side -- Yeop
 5. 45, 90, 180 360 degree -- jump and turn
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Kick: **Chagi (cha-gee)**

1. Front -- Ap
 2. Side -- Yeop
 3. Back -- Dwy (dewy)
 4. Round House -- Dollyo (dole-yo)
 5. Crescent (in to out/ out to in)
 6. Spinning Heel
 7. Hook
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The 3 Basic Kicks combination:

1. "L" stance
2. (back leg) Front kick (return to "L" stance)
3. (back leg) Side kick (step forward)
4. (turn) Back Kick

The 3 Basic Closing Kick combinations:

1. "L" stance
 2. (back leg) out to in kick
 3. in to out kick
 4. turning crescent kick
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The 10 Offensive moves (All from sitting stance):

1. Left hand -- middle punch
 2. Right hand -- middle punch
 3. Left hand -- Knife hand strike (to the left side)
 4. Right hand -- Knife hand strike (to the right side)
 5. Left hand -- Back fist (head high)
 6. Right hand -- Back fist (head high)
 7. Left hand -- Ridge hand (to front head high)
 8. Right hand -- Ridge hand (to front head high)
 9. Left elbow strike -- (straight up, forward)
 10. Right elbow strike -- (across front head high)
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The 10 Defensive moves (All from sitting stance):

1. Low "X" block (close fist)
 2. High "X" block (close fist)
 3. Left hand -- low block
 4. Right hand -- low block
 5. Left hand -- out to in block (front, middle)
 6. Right hand -- out to in block (front, middle)
 7. Left hand -- high block
 8. Right hand -- high block
 9. Left hand -- Knife hand block to the side
 10. Right hand -- Knife hand block to the side
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The 7 Striking Techniques (Start from "street" ready stance):

1. (Bandae Jurugi) Step forward left foot, walking stance: Two reverse punches.
2. (Bandae Son Ba-dak) Step forward right foot, walking stance: Two reverse palm strikes.
3. (Anuro Son Kal) Step forward left foot, walking stance: Two reverse inside knife hand strikes.
4. (Dung Joomuk) Step backward left foot, sitting stance: Back fist.
- 4a. Step backward right foot, sitting stance: Back fist.
5. (Ap Palkup) Step forward right foot, sitting stance: Front elbow strike (head high).
- 5a. Step forward left foot, sitting stance: Front elbow strike (head high).
6. (Dwy Palkup) Step back, left foot, "L" stance: Back elbow strike.
- 6a. Step back, right foot, "L" stance: Back elbow strike.
7. Step up to "street ready" stance
Three kicks:
 - Left front snap kick -- (Ap Chagi)
 - Right side kick -- (Yeop Chagi)
 - Left back kick -- (Dwy Chagi)

 - Right front snap kick -- (Ap Chagi)
 - Left side kick -- (Yeop Chagi)
 - Right back kick -- (Dwy Chagi)