

## Basic Hand Techniques

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Low block	Ha dan mahk kee
High block	Sang dan mahk kee
Inside / outside block	Ahneso pahkuro mahk kee
High punch	Sang Dan kong kyuck
Side block	Yup mahk kee
Horse stand side punch	Wheng jin kong kyuck
Outside/inside block	Pahkeso ahnuro mahk kee
Low knife hand block	Ha dan soo do mahk kee
Knife hand strike	Kwan soo kong kyuck
Middle knife hand block	Chong dan soo do mahk kee
Middle spear hand strikes	Chong dan kwan soo kong kyuck
Eldow strike	Pal kup kong kyuck
Ha dan ssang soo mahk kee	Low cross block
Chong dan ssang soo mahk kee	Middle cross block
Sang dan ssang soo mahk kee	High cross block
High block - reverse punch	Sang dan mahk kee tuel oh choong dan kong kyuck
Re-enforced block	Chun gul ssang soo mahk kee
Middle short punch	Choong dan yuck gin
High short punch	Sang Dan yuck gin
Reverse low block	Tuel oh ha dan mahk kee
Reverse inside/outside block	Tuel oh ahneso pahkuro mahk kee
Reverse outside/inside block	Tuel oh pahkeso ahnuro mahk kee
Reverse high block	Tuel oh sang dan mahk kee