

Basic Set Back Stance

- Ha Dan Mahk Kee (low block)
- Choong Dan Kong Kyuck (middle attach)
- Sang Dan Kong Kyuck (high attack)
- Ahneso Phakuro Mahk Kee (inside / outside block)
- Phakeso Ahnuro Mahk Kee (outside / inside block)
- Phakeso Ahnuro Jang Kwan Mahk Kee (outside / inside palm block)
- Sang Dan Mahk Kee (high block)
- Ha Dan Ssang Soo Mahk Kee (low two fist block)
- Chong Dan Ssang Soo Mahk Kee (middle two fist block)
- Sang Dan Ssang Soo Mahk Kee (high two fist block)
- Sang Dan Mahk Kee, Teul Oh Choong Dan Kong Kyuck (high block, reverse middle attach)
- Chun Gul Ssang Soo Mahk Kee (reinforced block)
- Ha Dan Soo Do Mahk Kee (low knife hand block)
- Chong Dan Soo Do Mahk Kee (middle knife hand block)
- Sang Dan Soo Do Mahk Kee (high knife hand block)
- Teul Oh Pal Coop Mahk Kee (reverse elbow defense)
- Teul Oh Pal Coop Kong Kyuck (reverse elbow attack)
- Teul Oh Sang Dan Kwan Soo Kong Kyuck (reverse high spear hand attack)
- Teul Oh Sang Dan Jang Kwan Kong Kyuck (reverse high palm attack)
- Teul Oh Choong Dan Jang Kwan Kong Kyuck (reverse middle palm attack)
- Teul Oh Mok Kwan Soo Kong Kyuck (reverse throat spear hand attack)
- Teul Oh Ha Dan Kwan Soo Kong Kyuck (reverse low spear hand attack)
- Teul Oh Choong Dan Kong Kyuck (reverse middle attack)
- Teul Oh San Dan Kong Kyuck (reverse high attack)
- Teul Oh Sang dan Yuk Soo Do Kong Kyuck (reverse high ridge hand attack)
- Sang Dan Mahk Kee, Teul Ahneso Phakuro Mahk Kee (Pyong Ahn E Dan block)
- Sang Dan Soo Do Mahk Kee, Teul Ahneso Phakuro Mahk Kee (Pyong Ahn Sa Dan Block)
- Kap Kwon Kong Kyuck (back fist attack)
- Dull Ryo Kap Kwon Kong Kyuck (spinning back fist attack)
- Wheng Jin Kong Kyuck (horse stance, side punch --- the ONLY motion not in back stance)