

## Basic Set Front 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)
- Sang Dan Mahk Kee (high block)
- 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)
- Sang Dan Mahk Kee, Teul Oh Choong Dan Kong Kyuck (high block, reverse middle attach)
- Chun Gul Ssang Soo Mahk Kee (reinforced block)
- Soo Do Mahk Kee (check block)
- Soo Do Mahk Kee, Choong Dan Kong Kyuck (check block, snapping middle punch)
- Soo Do Mahk Kee, Sang Dan Kong Kyuck (check block, snapping high punch)
- 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)