

## Basic Hand Techniques

| Basic Hand Techniques        |   |
|------------------------------|---|
|                              |   |
| 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                              |
|                              |   |
| Low cross block              | Ha dan ssang soo mahk kee                       |
| Middle cross block           | Chong dan ssang soo mahk kee                    |
| High cross block             | Sang dan ssang soo mahk kee                     |
|                              |   |
| 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                       |
|                              |   |