

PTSDA Karate 7th Gup Orange Belt Basics

Hand Combinations

<u>English:</u>	<u>Korean:</u>	<u>Stance:</u>
1. Defense Punch	Yuk Soo Kong Kyuck	Side/Front
2. Middle Knife Hand Block	Choong Dan Soo Do Mahkee	Back
3. High X Block	Sang Soo Sang Dan Mahkee	Front
4. Middle Two-Fisted Block	Hugul Sang Soo Mahkee	Back
5. Spear Hand Attack	Kwan Soo Kong Kyuck	Front

Foot Combinations

<u>English:</u>	<u>Korean:</u>	<u>Stance:</u>
1. Outside to In Kick (rear leg)	Pahkeso Ahnero Cha Go	Fighting
Hop Side Kick (front leg)	Ee Dan Yup Cha Gee	Horse
2. Inside to Out Kick (front leg)	Ahneso Pahkeru Cha Go	Fighting
Front Kick (rear leg)	Ahp Cha Gee	Fighting
3. Double Round Kick (rear leg)	Sang Soo Dollyu Cha Go	Fighting
Spin Hook Kick	Dwi Dollyu Cha Gee	Fighting
4. Double Side Kick (rear leg)	Sang Soo Dollyu Yup Cha Gee	Fighting
5. Reverse Round Kick	Bit Cha Gee	Fighting