

## PTSDA Karate 8th Gup Orange Belt Basics

### Hand Combinations

<u>English:</u>	<u>Korean:</u>	<u>Stance:</u>
1. Side Block	Hugul Yup Mahkee	Back
2. Low Knife Hand Block	Ha Dan Soo Do Mahkee	Back
3. Low X Block	Sang Soo Ha Dan Mahkee	Front
4. Middle Two-Fisted Block	Chungul Sang Soo Mahkee	Front
5. Middle Side Punch	Choong Dan Hwang Jin Kong Kyuck	Horse

### Foot Combinations

<u>English:</u>	<u>Korean:</u>	<u>Stance:</u>
1. Jump Front Kick	Ee Dan Ahp Cha Gee	Fighting
2. Hop Round Kick	Ee Dan Dollyu Cha Gee	Horse
3. Hop Side Kick	Ee Dan Yup Cha Gee	Horse
4. Hop Side Hook Kick	Ee Dan Yup Hurigi Cha Gee	Horse
5. Hop Back Kick	Ee Dan Dwi Cha Gee	Fighting