

Red - Black Belt Basics

1. Ha Dan Mah Ko Tora Choong Dan Kong Kyuk Sang Dan Mah Kee	1. Low Block (front stance) Reverse Middle Punch (front stance) High Block (front stance)
2. Choong Dan Kong Kyuk Tora Choong Dan Kong Kyuk Ahneso Pahkeru Mah Kee	2. Middle Punch (front stance) Reverse Middle Punch (front stance) Inside to Out Block (front stance)
3. Choong Dan Wheng Jin Kong Kyuk Hugul Yup Mah Ko Ha Dan Sang Soo Mah Kee	3. Side Punch (horse stance) Side Block (back stance) Low X Block (front stance)
4. Chungul Sang Soo Mah Ko Tora Choong Dan Kong Kyuk Ha Dan Soo Do Mah Kee	4. Two-fisted Middle Block (front stance) Reverse Middle Punch (front stance) Low Knife Hand Block (back stance)
5. Ha Dan Soo Do Mah Ko Tora Kwan Soo Kong Kyuk Pahkeso Sang Dan Soo Do Kong Kyuk	5. Low Knife Hand Block (back stance) Reverse Spear Hand Attack (front stance) High Outside to In Knife Hand Attack (front stance)
6. Pahkeso Ahneru Mah Ko Tora Pahkeso Ahneru Mah Ko Hugul Sang Soo Yup Mah Kee	6. Outside to In Block (front stance) Reverse Outside to In Block (front stance) Two-fisted Block (back stance)
7. Yuk Soo Kong Kyuk Choong Dan Soo Do Mah Ko Sang Dan Mah Kee	7. Defensive Punch (side stance) Middle Knife Hand Block (back stance) High Block (front stance)
8. Dwi Cha Go Sang Dan Mah Ko Tora Choong Dan Kong Kyuk Ha Dan Soo Do Mah Kee	8. Back Kick (front stance) High Block (front stance) Reverse Middle Punch (front stance) Low Knife Hand Block (back stance)
9. Ahp Cha Go Dull Ryo Cha Go Dwi Cha Gi	9. Front Kick (front stance) Round Kick (front stance) Back Kick (front stance)
10. Dull Ryo Yup Cha Go Dwi Cha Go Dull Ryo Cha Gi	10. Side Kick (front stance) Back Kick (front stance) Round Kick (front stance)
11. Dull Ryo Cha Go Ee Dan Ahp Cha Go Dwi Cha Gi	11. Round Kick (front stance) Front Jump Kick (front stance) Back Kick (front stance)
12. Ahp Cha Go Ee Dan Yup Cha Go Dwi Cha Gi	12. Front Kick (front stance) Jumping Side Kick (horse stance) Back Kick (front stance)