

PTSDA Karate White Belt Basics

Hand Combinations

<u>English:</u>	<u>Korean:</u>	<u>Stance:</u>
1. Low Block	Ha Dan Mahkee	Front
2. High Block	Sang Dan Mahkee	Front
3. Inside to Out Block	Ahneso Pahkeru Mahkee	Front
4. Outside to In Block	Pahkeso Ahnero Mahkee	Front
5. Middle Punch	Choong Dan Kong Kyuck	Front

Foot Combinations (Performed with Front Leg)

<u>English:</u>	<u>Korean:</u>	<u>Stance:</u>
1. Front Kick	Ahp Cha Gee	Fighting
2. Round Kick	Dollyu Cha Gee	Horse
3. Side Kick	Yup Cha Gee	Horse
4. Side Hook Kick	Yup Horugi Cha Gee	Horse