

PTSDA Karate Green Belt Basics

All hand and foot combinations are performed in a front stance unless otherwise stated.

Hand Combinations

<u>English:</u>	<u>Korean:</u>
Low Block Reverse Middle Punch	Ha Dan Mahko Tora Choong Dan Kong Kyuck
Middle Punch Reverse Middle Punch	Choong Dan Kong Kyuck Tora Choong Dan Kong Kyuck
Side Punch (Horse Stance) Side Block (Back Stance)	Choong Dan Hweng Jin Kong Kyuck Hugul Yup Mahkee
Two-fisted Block Reverse Middle Punch	Chungul Sang Soo Mahko Tora Choong Dan Kong Kyuck
Low Knife Hand Block (Back Stance) Reverse Spear Hand Attack (Front Stance)	Ha Dan Soo Do Mahko Tora Kwan Soo Kong Kyuck
Outside to Inside Block Reverse Outside to Inside Block	Pahkeso Ahnero Mahko Tora Pahkeso Ahnero Mahkee
Defensive Punch (Side Stance) Middle Knife Hand Block (Back Stance)	Yuk Soo Kong Kyuck Choong Dan Soo Do Mahkee

Foot Combinations

<u>English:</u>	<u>Korean:</u>
Back Kick High Block	Dwi Cha Go Sang Dan Mahkee
Front Kick Round Kick	Ahp Cha Go Dollyu Cha Gee
Side Kick Back Kick	Dollyu Yup Cha Go Dwi Cha Gee
Round Kick Front Jump Kick	Dollyu Cha Go Ee Dan Ahp Cha Gee
Front Kick Jump Side Kick	Ahp Cha Go Ee Dan Yup Cha Gee