

PTSDA Karate Red 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 High Block	Ha Dan Mahko Tora Choong Dan Kong Kyuck Sang Dan Mahkee
Middle Punch Reverse Middle Punch Inside to Outside Block	Choong Dan Kong Kyuck Tora Choong Dan Kong Kyuck Ahneso Pahkerro Mahkee
Side Punch (Horse Stance) Side Block (Back Stance) Low X-Block	Choong Dan Hweng Jin Kong Kyuck Hugul Yup Mahko Ha Dan Sang Soo Mahkee
Two-fisted Block Reverse Middle Punch Low Knife Hand Block (Back Stance)	Chungul Sang Soo Mahko Tora Choong Dan Kong Kyuck Ha Dan Soo Do Mahkee
Low Knife Hand Block (Back Stance) Reverse Spear Hand Attack (Front Stance) Outside to Inside Knife Hand Attack	Ha Dan Soo Do Mahko Tora Kwan Soo Kong Kyuck Pahkeso Ahnero Soo Do Kong Kyuck
Outside to Inside Block Reverse Outside to Inside Block Two-Fisted Block (Back Stance)	Pahkeso Ahnero Mahko Tora Pahkeso Ahnero Mahko Hugul Sang Soo Mahkee
Defensive Punch (Side Stance) Middle Knife Hand Block (Back Stance) High Block	Yuk Soo Kong Kyuck Choong Dan Soo Do Mahko Sang Dan Mahkee

Foot Combinations

<u>English:</u>	<u>Korean:</u>
Back Kick High Block Reverse Middle Punch Low Knife Hand Block (Back Stance)	Dwi Cha Go Sang Dan Mahko Tora Choong Dan Kong Kyuck Ha Dan Soo Do Mahkee
Front Kick Round Kick Back Kick	Ahp Cha Go Dollyu Cha Go Dwi Cha Gee
Side Kick Back Kick Round Kick	Dollyu Yup Cha Go Dwi Cha Go Dollyu Cha Gee
Round Kick Front Jump Kick Back Kick	Dollyu Cha Go Ee Dan Ahp Cha Go Dwi Cha Gee
Front Kick Jump Side Kick Back Kick	Ahp Cha Go Ee Dan Yup Cha Go Dwi Cha Gee