

PTSDA Karate Orange Belt Basics

Hand Combinations

<u>English:</u>	<u>Korean:</u>
Two Fisted Block (Front Stance)	Chungul Sang Soo Mahkee
Two Fisted Bock (Back Stance)	Hugul Sang Soo Mahkee
Low X Block (Front Stance)	Ha Dan Sang Soo Mahkee
High X Block (Front Stance)	Sang Dan Sang Soo Mahkee
Low Knife Hand Block (Back Stance)	Ha Dan Soo Do Mahkee
Middle Knife Hand Block (Back Stance)	Choong Dan Soo Do Mahkee
Spear Hand Attack (Front Stance)	Kwan Soo Kong Kyuck

Foot Combinations

<u>English:</u>	<u>Korean:</u>
Outside In Kick (Fighting Stance)	Pahkeso Ahnero Cha Gee
Inside Out Kick (Fighting Stance)	Ahneso Pahkero Cha Gee
Side Hook Kick (Fighting Stance)	Yup Hu Ru Gi Cha Gee
Back Kick (Fighting Stance)	Dwi Cha Gee