

# ***RED, BLUE & BLACK BELT***

## ***HAND and FEET COMBINATIONS***

1. Ha Dan Mahk Ko Tora So Choong Dan Kong Kyuck Sang Dan Mahk Kee	1. Front Stance Low Block Front Stance Reverse Punch Front Stance High Block
2. Choong Dan Kong Kyuck Tora So Choong Dan Kong Kyuck Ahneso Phaku Ro Mahk Kee	2. Front Stance Center Punch Front Stance Reverse Center Punch Front Stance Inside/Outside Block
3. Choong Dan Wheng Jin Kong Kyuck Hu Gul Yup Mahk Ko Ssang Soo Ha Dan Mahk Kee	3. Horse Stance Side Punch Fighting Stance Side defense Front Stance Two-Fisted Low X-Block
4. Chun Gul Sang Soo Mahk Ko Tora So Choong Dan Kong Kyuck Ha Dan Soo Do Mahk Kee	4. Front Stance Two-Fisted Middle Block Front Stance Reverse Punch Fighting Stance Low Knife Hand Block
5. Ha Dan Soo Do Mahk Ko Tora So Kwan Soo Kong Kyuck Pankeso Sang Dan Soo Do Kong Kyuck	5. Fighting Stance Low Knife Hand Block Front Stance Reverse Spear Hand Attack Outside/Inside High Knife Hand Attack
6. Pankeso Ahnu Ro Mahk Ko Tora So Pankeso Ahnu Ro Mahk Ko Sang Soo Hu Gul Yup Mahk Kee	6. Front Stance Outside/Inside Block Front Stance Reverse Outside/Inside Block Fighting Stance Two-Fisted Middle Block
7. Yuk Soo Kong Kyuck Choong Dan Soo Do Mahk Ko Sang Dan Mahk Kee	7. Front Stance Defense Punch Fighting Stance Middle Knife Hand Block Front Stance High Block
8. Dwi Cha Go Sang Dan Mahk Ko Tora So Choong Dan Kong Kyuck Ha Dan Soo Do Mahk Kee	8. Back Kick Front Stance High Block Front Stance Reverse Punch Fighting Stance Low Knife Hand Block
9. Ahp Cha Go Dull Ryo Cha Go Dwi Cha Gi	9. Front Kick Round Kick Back Kick
10. Dull Ryo Yup Cha Go Dwi Cha Go Dull Ryo Cha Gi	10. Turning Side Kick Back Kick Round Kick
11. Dull Ryo Cha Go E Dan Ahp Cha Go Dwi Cha Gi	11. Round Kick Jump Front kick Back Kick
12. Ahp Cha Go E Dan Yup Cha Go Dwi Cha Gi	12. Front Kick Jump Side Kick Back Kick