

PTSDA Karate Orange Belt Basics

Hand Combinations

<u>English:</u>	<u>Korean:</u>
Knife Hand Blocks	Soo Do Mah Kee
Two Hand Blocks	Sang Soo Mahkee
Spear Hand Attack	Kwan Soo Kong Kyuck
Side Punch	Wheng Jin Kong Kyuck

Foot Combinations

<u>English:</u>	<u>Korean:</u>
Outside/In Kick	Pahkeso Ahnero Cha Gee
Inside/Out Kick	Ahneso Pahkero Cha Gee
Back Kick	Dwi Cha Gee
Side Hook Kick	Yup Hurigi Gee