

# PTSDA Karate White Belt Basics

## Hand Combinations

<u>English:</u>	<u>Korean:</u>
Low Block	Ha Dan Mahkee
High Block	Sang Dan Mahkee
Inside/Out Block	Ahneso Pahkero Mahkee
Outside/In Block	Pahkeso Ahnero Mahkee
Middle Punch	Choong Dan Kong Kyuck

## Foot Combinations

<u>English:</u>	<u>Korean:</u>
Front Stretch Kick	Ahp Podo Oll Ri Gi
Front Kick	Ahp Cha Gee
Round Kick	Dollyu Cha Gee
Side Kick	Yup Cha Gee