

PTSDA Karate Yellow Belt Basics

Hand Combinations

<u>English:</u>	<u>Korean:</u>	<u>Stance:</u>
1. Low Block	Ha Dan Mahko	Front
Reverse Middle Punch	Tora Choong Dan Kong Kyuck	Front
2. High Block	Sang Dan Mahko	Front
Reverse Middle Punch	Tora Choong Dan Kong Kyuck	Front
3. Inside Out Block	Ahnseo Pahkeru Mahko	Front
Reverse Middle Punch	Tora Choong Dan Kong Kyuck	Front
4. Outside to In Block	Pahkeso Ahneru Mahko	Front
Reverse Middle Punch	Tora Choong Dan Kong Kyuck	Front

Foot Combinations (Performed with Rear Leg)

<u>English:</u>	<u>Korean:</u>	<u>Stance:</u>
1. Front Kick	Ahp Cha Gee	Fighting
2. Round Kick	Dollyu Cha Gee	Fighting
3. Side Kick	Dollyu Yup Cha Gee	Fighting
4. Side Hook Kick	Yup Hurigi Cha Gee	Fighting
5. Back Kick	Dwi Cha Gee	Fighting