

ALL TECHNIQUES

BLOCKS		STRIKES	
Closed Hand	Open Hand	Closed Hand	Open Hand
Low Block	Single Knife Hand	Body Punch	Face Poke
High Block	Double Knife Hand	Face Punch	Palm Heel Strike
Inner Forearm	Swallow Tail Block	Hammer Fist Strike	Knife Hand Strike
Outer Forearm	Palm Block	Back Fist to Nose	Inverted Knife Hand Strike
Hammer	Double Low Knife Hand	Back Fist to Head	Tiger Punch
Double Forearm	Hooking Block	Downward Hammer	Ridge Hand Strike
Double Low Block	Double High Knife Hand		Body Thrust
Choke Block	Open Hand Double Forearm		Upset Punch
Guarding Block	Lifting Block		Double Upset Punch
Low X	Press Block		Hook Punch
High X	Stick Block		Bear Claw
Scoop Block	Ridge Hand Block		Chicken Beak
Push Block	Double Lifting Block		Two-Finger Eye Poke
Scissor Block	Open Hand Low		ET Strike
Half Mountain	Double Open Hand Low		
Mountain Block			
Double Inner Forearm			
9 Shape Block			
		ELBOWS	
		Upward	Round
		Downward	Reverse
		Side	Backward
KICKS		STANCES	
Forward	Turning	Attention - Chariot	Defensive Stance
Straight/Stretching	Roundhouse	Ready - JoonBe	Walking Stance
Groin	Sidekick	Horseriding Stance	X- Stance
Front	Spin Back Kick	Front Stance	Cat Stance
Crescent	Hook	Back Stance	Reverse Front Stance
Axe	Spin Hook Kick	Relaxed Stance	Fixed Stance
Inside Crescent	Twisting Kick	Crane Stance	
Inside Ax	Reverse Ax Kick		
Push			