

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	Open Hand Double Forearm	Hook Punch	Body Thrust
Choke Block	Lifting Block	Vertical Punch	Upset Punch
Guarding Block	Press Block	Chestnut Punch	Double Upset Punch
Low X	Stick Block		Groin Spear
High X	Double High Knife Hand		Bear Claw
Scoop Block	Ridge Hand Block		Chicken Beak
Push Block	Double Lifting Block		Two-Finger Eye Poke
Scissor Block	Open Hand Low		Knee Break
Mountain Block	Double Open Hand Low	ELBOWS	
Half Mountain		Upward	Round
Double Inner Forearm		Downward	Reverse
9 Shape Block		Side	Backward
KICKS		STANCES	
Forward	Turning	Attention - Chariot	Walking Stance
Straight/Stretching	Roundhouse	Ready - JoonBe	X- Stance
Groin	Sidekick	Horsriding Stance	Cat Stance
Front	Spin Back Kick	Front Stance	Relaxed Stance
Crescent	Hook	Defensive Stance	Reverse Front Stance
Axe	Spin Hook Kick	Back Stance	Fixed Stance
Inside Crescent	Flying Side Kick	Crane Stance	
Inside Ax	Twisting Kick		
Push	Reverse Ax Kick		