

HAND AND FOOT COMBINATIONS

1. HAND AND FOOT COMBINATION 1 - START FROM FIGHTING STANCE

Jab (Fighting Stance)	Ahp Kong Kyuck
Reverse Punch	Tiro Choon Dan Kong Kyuck
Front Snap Kick	Ahp Cha Gi

2. HAND AND FOOT COMBINATION 2 - START FROM FIGHTING STANCE

Front Snap Kick (Fighting Stance)	Ahp Cha Gi
Jab	Ahp Kong Kyuck
Reverse Punch	Tiro Choon Dan Kong Kyuck

3. HAND AND FOOT COMBINATION 3 - START FROM CHOON BE

Low Block (Front Stance)	Ha Dan Mahkee (Chun Gul Jaseh)
Reverse Punch	Tiro Choon Dan Kong Kyuck

4. HAND AND FOOT COMBINATION 4 - START FROM CHOON BE

Middle Block (Front Stance)	Choon Dan Mahkee (Chun Gul Jaseh)
Reverse Punch	Tiro Choon Dan Kong Kyuck

5. HAND AND FOOT COMBINATION 5 - START FROM CHOON BE

High Block (Front Stance)	Sang Dan Mahkee (Chun Gul Jaseh)
Reverse Punch	Tiro Choon Dan Kong Kyuck

6. HAND AND FOOT COMBINATION 6 - START FROM CHOON BE

Low Block (Front Stance)	Ha Dan Mahkee (Chun Gul Jaseh)
Reverse Punch	Tiro Choon Dan Kong Kyuck
High Block	Sang Dan Mahkee

7. HAND AND FOOT COMBINATION 7 - START FROM CHOON BE

Middle Punch (Front Stance)	Choon Dan Kong Kyuck (Chun Gul Jaseh)
Reverse Middle Punch	Tiro Choon Dan Kong Kyuck
Middle Block	Ahn eso Pak ero Mahkee

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8. HAND AND FOOT COMBINATION 8 - START FROM CHOON BE

Side Punch (Horse Stance)	Wheng Jin Kong Kyuck (Keema Jaseh)
Middle Block (Back Stance)	Hu Gul Yup Mahkee
Two-Fist Low X-Block (Front Stance)	Ssang Soo Ha Dan Mahkee (Chun Gul Jaseh)

9. HAND AND FOOT COMBINATION 9 - START FROM CHOON BE

Two-Fist Middle Block (Front Stance)	Ssang Soo Choon Dan Mahkee (Chun Gul Jaseh)
Reverse Punch	Tiro Choon Dan Kong Kyuck
Low Knife Hand Block (Back Stance)	Ha Dan Soo Do Mahkee (Hu Gul Jaseh)

10. HAND AND FOOT COMBINATION 10 - START FROM CHOON BE

Low Knife Hand Block (Back Stance)	Ha Dan Soo Do Mahkee (Hu Gul Jaseh)
Reverse Spear Hand Attack (Front Stance)	Tiro Kwan Soo Kong Kyuck (Chun Gul Jaseh)
Outside to Inside Soo Do Chop	Pakeso Sang Dan Soo Do Kong Kyuck

11. HAND AND FOOT COMBINATION 11 - START FROM CHOON BE

Outside to Inside Block (Front Stance)	Pakeso Ahnero Mahkee (Chun Gul Jaseh)
Reverse Outside to Inside Block	Tiro Pakeso Ahnero Mahkee
Two-Fist Middle Block (Back Stance)	Ssang Soo Choon Dan Mahkee (Hu Gul Jaseh)

12. HAND AND FOOT COMBINATION 12 - START FROM CHOON BE

Middle Knife Hand Block (Back Stance)	Choon Dan Soo Do Mahkee (Hu Gul Jaseh)
Reverse Short Punch	Tiro Yuk Jin Kong Kyuck
High Block (Front Stance)	Sang Dan Mahkee (Chun Gul Jaseh)

13. HAND AND FOOT COMBINATION 13 - START FROM FIGHTING STANCE

Spinning Back Kick	Dwi Chagi
High Block (Front Stance)	Sang Dan Mahkee (Chun Gul Jaseh)
Reverse Punch	Tiro Choon Dan Kong Kyuck
Low Knife Hand Block (Back Stance)	Ha Dan Soo Do Mahkee (Hu Gul Jaseh)

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14. HAND AND FOOT COMBINATION 14 - START FROM FIGHTING STANCE

Front Snap Kick	Ahp Chagi
Round House Kick	Dull Ryo Chagi
Spinning Back Kick	Dwi Chagi

15. HAND AND FOOT COMBINATION 15 - START FROM FIGHTING STANCE

Side Kick	Yup Chagi
Spinning Back Kick	Dwi Chagi
Round House Kick	Dull Ryo Chagi

16. HAND AND FOOT COMBINATION 16 - START FROM FIGHTING STANCE

Round House Kick (Front Stance)	Dull Ryo Chagi (Chun Gul Jaseh)
Jumping Front Snap Kick	Ee Dan Ahp Chagi
Spinning Back Kick	Dwi Chagi

17. HAND AND FOOT COMBINATION 17 - START FROM FIGHTING STANCE

Front Snap Kick (Horse Stance)	Ahp Chagi (Keema Jaseh)
Jumping Side Kick (Horse Stance)	Ee Dan Yup Chagi (Keema Jaseh)
Spinning Back Kick	Dwi Chagi