

Cho Dan Techniques

Soo Gi (Hand Techniques)

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| 1. Ban Jul Kwan Soo Kong Kyuk | 4 Knuckles Spear Hand |
| 2. Yoo Kwan Kong Kyuk | 1 st & 2 nd Downward Soft Knuckle Strike |
| 3. Kwon Do Kong Kyuk | Hammer Fist |
| 4. Tuel Oh Kwon Do Kong Kyuk | Reverse Hammer Fist |
| 5. Choi Ha Dan Soo Do Mahk Kee | Ground Block or Lowest Block |

Jok Gi (Foot Techniques)

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| 1. Moo Roop Cha Gi | Knee Kick |
| 2. Ee Dan Du Bal Aup Cha Nut Gi, Dull Ryo Cha Gi | Jump Front Kick, Round House Kick |
| 3. Ee Dan Du Bal Aup Cha Nut Gi, Pahkeso Ahnuro Cha Gi | Jump Front Kick, Outside/Inside Kick |
| 4. Ee Dan Yang Du Bal Aup Cha Nut Gi | Twin Front Kick or Twin Straddle Kick |

Combinations

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|------------------------------|---------------------------|
| 1. Sahm Kwon Kong Kyuk | Front Kick with 3 Punches |
| 2. Ha Dan Mahk Kee | Low Block |
| Tuel Oh Sang Dan Kong Kyuk | Reverse High Punch |
| Moo Roop Cha Gi | Knee Kick |
| Tuel Oh Choong Dan Kong Kyuk | Reverse Middle Punch |
| 3. Bal Ba Dak Euro Mahk Kee | Outside/Inside Foot Block |
| 4. Pahkeso Ahnuro Cha Gi | Outside/Inside Kick |