

# Orange Belt Techniques

## Jaseh (Stances)

1. Sa Ko Rip Jaseh Side Stance
2. Kyo Cha Rip Jaseh Cross Leg Stance

## Soo Gi (Hand Techniques)

1. Ha Dan Soo Do Mahk Kee Low Open Hand Block (Back Stance)
2. Choong Dan Soo Do Mahk Kee Middle Open Hand Block (Back Stance)
3. Hu Gul Ssang Soo Mahk Kee Reinforced Block (Back Stance)
4. Chun Gul Ssang Soo Mahk Kee Reinforced Block (Front Stance)
5. Kwan Soo Kong Kyuck Spear Hand Attack (Front Stance)
6. Yuk Jin Kong Kyuck Throat Chop/Reverse Punch (Back Stance)
7. Ha Dan Mahk Kee, Tuelo Sang Dan Kong Kyuck Low Block, Reverse High Punch (Front Stance)
8. Sang Dan Mahk Kee, Tuelo Choong Dan Kong Kyuck High Block, Reverse Middle Punch (Front Stance)

## Jok Gi (Foot Techniques)

1. Dwi Cha Gi Back Kick
2. Pahkeso Ahnuro Cha Gi Outside/Inside Downward Heel Kick
3. Dwi Hu Ri Gi Cha Gi Back Leg Hook Kick
4. Dwi Dull Ryo Hu Ri Gi Cha Gi Spinning Hook Kick
5. Dee Mul Hu Ri Gi Cha Gi Hop Hook Kick
6. Dee Mul Yup Podo Cha Gi Hop Side Kick
7. Ee Dan Aup Cha Nut Gi Jump Front Kick