

Red Belt Techniques

Soo Gi (Hand Techniques)

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| 1. Bal Ja Ba Mahk Kee | Defense by Holding Foot |
| 2. Tuel Oh Yuk Soo Do Mahk Kee | Reverse Ridge Hand Block |
| 3. Pahl Koop Chi Kee | Elbow Attack |
| 4. Pahl Koop Kong Kyuk Bup | Horse Stance Elbow Attack |
| 5. Tuel Oh Pal Koop Chi Ki | Reverse Elbow Attack |
| 6. Tuel Oh Sang Dan Soo Do Kong Kyuk | Reverse High Knife Hand Strike |
| 7. Tuel Oh Sohn Mok Deung Kong Kyuk | Reverse Wrist Attack |
| 8. Tuel Oh Sang Dan Jip Kye Son Kong Kyuk | Reverse Pliers Hand Strike |
| 9. Cap Kwon Kong Kyuk | Back Fist Strike |
| 10. Jang Kwon Kong Kyuk | Palm Heel Strike |
| 11. Ill Ji Kwan Soo Kong Kyuk | Single Finger Spear Hand Strike |
| 12. Ee Ji Kwan Soo Kong Kyuk | Two Finger Spear Hand Strike |
| 13. Tuel Oh Yuk Soo Do Kong Kyuk | Reverse Ridge Hand Strike |

Jok Gi (Foot Techniques)

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| 1. Ee Dan Yup Hu Ri Gi Cha Gi | Jump Side Hook Kick |
| 2. Ee Dan Dwi Cha Gi | Jump Back Kick |
| 3. Ee Dan Pahkeso Ahnuro Cha Gi | Jump Outside/Inside Kick |
| 4. Ee Dan Dwi Dull Ryo HuRiGi Cha Gi | Jump Spinning Hook Kick |
| 5. Ee Dan Dwi Dull Ryo Ahneso Pahkuro Cha Gi | Jump Spinning Wheel Kick (Short/Long) |
| 6. Ee Dan Dwi Dull Ryo Pahkeso Ahnuro Cha Gi | Jump Spinning Outside/Inside Kick |