

# **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**

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

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

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

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

Low Block (Front Stance)	Ha 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

# **HAND AND FOOT COMBINATIONS**

## **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

## **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)

# **HAND AND FOOT COMBINATIONS**

## **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)

## **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