

White and Yellow Belt Combinations (Starting in sparring stance)

High Block*Song don mahki*
Front Kick.....*Ahp cha gi*
Round House Kick.....*Dolryo cha gi*
Low Block.....*Ahre mahki*
Middle Punch.....*Mom tong jireugi*

Front Kick.....*Ahp cha gi*
Roundhouse Kick.....*Dolryo cha gi*
Double Middle Punch.....*Doo beon jireugi*

Roundhouse Kick.....*Dolryo cha gi*
Middle Block (inside to outside).....*Mom tong mahki*
Backside Kick*Dee cha gi*

Knife-hand strike.....*Son nal mok chi gi*
Backside Kick*Dee cha gi*
Roundhouse Kick.....*Dolryo cha gi*
Low Block.....*Ahre mahki*
High Block*Song don mahki*
Double Punch.....*Doo beon jireugi*

Basic Kick Combinations (Do the combination, then turn around)

Front Kick, Front Kick, Back side Kick*Ahp cha gi, Ahp cha gi, Dee cha gi*

R/House Kick, R/House Kick, Back Side Kick*Dolryo cha gi, Dolryo cha gi, Dee cha gi*

Side Kick, Side Kick, Back Side Kick.....*Yeop Cha gi, Yeop Cha gi, Dee cha gi*

Front Kick, Axe Kick, Back Side Kick.....*Ahp cha gi, Gik a cha gi, Dee cha gi*

R/House Kick, Crescent Kick, Back Side Kick*Dolryo cha gi, Ban dal cha gi, Dee cha gi*

Pushing Kick, Pushing Kick, Back Side Kick*Meero Cha gi, Meero Cha gi, Dee cha gi*

Front Kick, Jump Front Kick, Jump Front Kick.....*Ahp cha gi, E-don Ahp cha gi, E-don Ahp cha gi,*

R/House, Jump R/House, Jump R/House.....*Dolryo cha gi, E-don Dolryo cha gi, E-don Dolryo cha gi,*

Side Kick, Side Kick, Slide Jump Side Kick*Yeop Cha gi, Yeop Cha gi, Slide E-don Yeop Cha gi*

R/House, R/House, Skip R/House Kick.....*Dolryo cha gi, Dolryo cha gi, Skip Dolryo cha gi,*

R/House Kick, R/House Kick, Narea Cha-Gi.....*Dolryo cha gi, Dolryo cha gi, Narea Cha-Gi*

R/House Kick, R/House Kick, Hook Kick*Dolryo cha gi, Dolryo cha gi, Nak a cha gi*