

Cho Dan Terminology

Soo Gi/Cha Gi (Hand/Foot Techniques)



New Hand Techniques

Ha Dan Sang Soo Mahk Kee Hu Gul Jaseh – Low Twin Fist Block in Back Stance
Yang Kwon Kong Kyuk – Long Fist Attack
Ee Ji Kwan Soo Kong Kyuk – Two Finger Spear Hand
Chae Ha Dan Soo Do Mahk Kee – Ground Level Low Knife Hand Block
Chae Sun Dan Soo Do Mahk Kee – Ground Level High Open Hand Block
Han Bal Yang Soo Soo Do Mahk Kee – One Legged Open Hand Long Block

Hand Techniques in Combination

Ha Dan Mahk Kee Toro Choon Dan Kong Kyuk – Low Block, Reverse Middle Punch
Sun Dan Mahk Kee Toro Sun Dan Kong Kyuk – High Block, Reverse High Punch
Choon Dan Kong Kyuk Toro Choon Dan Kong Kyuk – Middle Punch, Reverse Middle Punch
Ahneso Pahkuro Mahk Kee Toro Ahneso Pahkuro Mahk Kee – I/O Block, Reverse I/O Block
Pahkeso Ahnuro Mahk Kee Toro Ahneso Pahkuro Mahk Kee – O/I Block, Reverse I/O Outside Block
Kap Kwon Kong Kyuk Toro Pal Koop Kong Kyuk – Back Fist, Reverse Elbow Strike
Wen Jin Kong Kyuk Yup Mahk Kee Hu Gul Jaseh – Side Punch, Side Block in Back Stance
Choon Dan Soo Do Mahk Kee Hu Gul Jaseh, Toro Kwan Soo Kong Kyuk – Middle Knife Hand
Block in Back Stance,
Reverse Spear Hand
Kwon Do Kong Kyuk Toro Kwan Do Kong Kyuk – Hammer Fist, Reverse Hammer Fist
Yang Kwan Kong Kyuk Toro Yang Kwon Kong Kyuk – Long Fist, Reverse Long Fist
Ha Dan Kwan Soo Kong Kyuk Yang Soo Mahk Kee Hu Gul Jaseh – Low Spear Hand, Long Open
Hand Block in Back Stance
Ha Dan Sang Soo Mahk Kee Sun Dan Sang Soo Soo Do Mahk Kee – Low X-Block, High X-Block
Yuk Jin Kong Kyuk, Sam Kwon Kong Kyuk – Reverse Attack, Triple Strike

New Foot Techniques

Peet Cha Gi – Reverse Round House Kick
Ee Dan Ahp Bal Ahp Cha Gi – Jump Front Leg Front Kick
Ee Dan Dwee Cha Gi (360° Version) – Spinning Jump Back Kick
Ee Dan Ka Whe Cha Gi – Split Kick

Foot Techniques in Combination

Pahkeso Ahnuro Cha Gi Yup Cha Gi – Outside Inside Kick, Side Kick
Ahp Cha Gi Dollryo Cha Gi – Front Kick, Round House Kick
Hurugi Cha Gi Dollryo Cha Gi – Hook Kick, Round House Kick
Du Bal Ahp Cha Gi Ahp Cha Gi – Front Kick, Front Kick in Succession
Du Bal Ahp Cha Gi Dollryo Cha Gi – Front Kick, Round House Kick in Succession

