

# Ee Dan Terminology

## Soo Gi/Cha Gi (Hand/Foot Techniques)



### Hand Techniques in Combination

| Korean  | English   |
|---|---|
| Ha Dan Mahk Kee Toro Choon Dan Kong Kyuk, Choon Dan Kong Kyuk   | Low Block, Reverse Middle Punch, Middle Punch                                       |
| Sun Dan Mahk Kee Toro Sun Dan Kong Kyuk, Sun Dan Kong Kyuk  | High Block, Reverse High Punch, High Punch  |
| Ha Dan Mahk Kee Toro Ha Dan Mahk Kee, Choon Dan Kong Kyuk   | Low Block, Reverse Low Block, Middle Punch  |
| Sun Dan Mahk Kee Toro Sun Dan Mahk Kee, Wen Jin Kong Kyuk   | High Block, Reverse High Block, Side Punch  |
| Choon Dan Soo Do Mahk Kee Hu Gul Jaseh Toro Kwan Soo Kong Kyuk, Kwan Soo Kong Kyuk                          | Middle Knife Hand Block in Back Stance, Reverse Spear Hand, Spear Hand              |
| Sam Kwon Kong Kyuk, Yuk Jin Kong Kyuk, Wen Jin Kong Kyuk  | Triple Punch, Reverse Attack, Side Punch  |
| Wen Jin Kong Kyuk Toro Choon Dan Kong Kyuk, Sam Kwan Kong Kyuk  | Side Punch, Reverse Middle Punch, Triple Punch                                      |
| Yang Kwan Kong Kyuk Toro Yang Kwon Kong Kyuk , Kwon Do Kong Kyuk Toro Kwan Do Kong Kyuk                     | Long Fist, Reverse Long Fist, Hammer Fist, Reverse Hammer Fist                      |
| Chae Ha Dan Soo Do Mahk Kee, Sun Dan Mahk Kee Toro Choon Dan Kong Kyuk                                      | Ground Level Low Knife Hand Block, High Block, Reverse Middle Punch                 |
| Yang Soo Soo Do Mahk Hu Gul Jaseh Toro Ha Dan Kwan Soo Kong Kyuk, Yang Soo Mahk Kee Hu Gul Jaseh            | Long Open Hand Block in Back Stance, Low Spear Hand, Long Hand Block in Back Stance |
| Ha Dan Mahk Kee Toro Sun Dan Soo Do Kong Kyuk, Moo Rup Cha Gi, Choon Dan Kong Kyuk Toro Choon Dan Kong Kyuk | Low Block, Reverse High Chop, Knee Strike, Middle Punch Reverse Middle Punch        |

### Foot Techniques in Combination

| Korean   | English   |
|--|---|
| Moo Rup Cha Gi, Ahp Cha Gi   | Knee Strike, Front Kick   |
| Ahp Cha Gi, Dollryo Cha Gi, Yup Cha Gi                                       | Front Kick, Roundhouse Kick, Side Kick                            |
| Dwee Hurigu Cha Gi Dollryo Cha Gi  | Spin Hook Kick, Roundhouse Kick (Without Dropping)                |
| Dae Mul Yup Cha Gi, Dwee Cha Gi  | Hop Side Kick, Back Kick  |
| Kyo Cha Rip Jaseh Ahneso Pahkuro Cha Gi, Dollryo Cha Gi, Dwee Hurigi Cha Gee | Cross Legged Inside Outside Kick, Roundhouse Kick, Spin Hook Kick |
| Pahkeso Ahnuro Cha Gi, Ee Dwee Pahkeso Ahnuro Cha Gi                         | Outside Inside Kick, Jump Spin Tornado Kick                       |