



# The Language of Tang Soo Do

## *Basic Hand Techniques*

Pahl Put Ki	Punch Exercise, Horse Riding Stance
Ki Cho Dong Jak	Basic Motion
Ha Dan Mahk Ki	Low Defense
Choong Dan Kong Kyuck	Middle Section Attack
Sang Dan Kong Kyuck	High Attack
Sang Dan Mahk Ki	High Defense
Ahneso Pahkuro Mahk Ki	Inside/Outside Block
Pahkeso Ahnuro Mahk Ki	Outside/Inside Block
Choong Dan Hang Jin	Side Punch
Chun Kul Ssang Soo	Two Hand Block, Front Stance
Hu Kul Sang Dan Mahk Ki	High Block, Fighting Stance
Ssang Soo Sang Dan Mahk ki	High Two Hands "X" Block
Ssang Soo Ha Dan Mahk Ki	Low Two Hands "X" Block
Choong Dan Yup Mahk Ki	Side Defense
Sang Dan Soo Do Mahk Ki	High Knife Hand Block
Ha Dan Soo Do Mahk Ki	Low Knife Hand Block
Kwan Soo Kong Kyuck	Spear Hand Attack
Yuk Jin	Knife Hand Defense & Reverse Punch, Fighting Stance
Yuk Soo	Knife Hand Defense & Reverse Punch, Front Stance