

## Kibon Dongjak

#	Korean / Hangeul	Technique	#	Korean / Hangeul	Technique
1	Hana / 하나	Low Block	21	Seumul Hana / 스물하나	Supported Vertical Thrust
2	Dul / 돌	Low Block	22	Seumul Dul / 스물돌	Supported Vertical Thrust
3	Set / 셋	Inner Block	23	Seumul Set / 스물셋	High Block Neck Attack
4	Net / 넷	Inner Block	24	Seumul Net / 스물넷	High Block Neck Attack
5	Daseot / 다섯	High Block	25	Seumul Daseot / 스물다섯	Back Fist
6	Yeoseot / 여섯	High Block	26	Seumul Yeoseot / 스물여섯	Back Fist
7	Ilgop / 일곱	Left Knife Hand	27	Seumul Ilgop / 스물일곱	Low X Block
8	Yeodeol / 여덟	Right Knife Hand	28	Seumul Yeodeol / 스물여덟	High Knife Hand X Block
9	Ahop / 아홉	Left Neck Strike	29	Seumul Ahop / 스물아홉	Pushing Double Block
10	Yeol / 열	Right Neck Strike	30	Seoreun / 서른	Knife Hand Low Pushing Block
11	Yeol Hana / 열하나	Low Punch	31	Seoreun Hana / 서른열하나	Double Scissor Block
12	Yeol Dul / 열둘	Middle Punch	32	Seoreun Dul / 서른열둘	Double Scissor Block
13	Yeol Set / 열셋	High Punch	33	Seoreun Set / 서른열셋	Double Hand Low Block
14	Yeol Net / 열넷	Low Palm Strike	34	Seoreun Net / 서른열넷	Double Hand Middle Block
15	Yeol Daseot / 열다섯	Middle Palm Strike	35	Seoreun Daseot / 서른열다섯	Double Hand Knife Hand Low Block
16	Yeol Yeoseot / 열여섯	High Palm Strike	36	Seoreun Yeoseot / 서른열여섯	Double Knife Hand Block
17	Yeol Ilgop / 열일곱	Left Supported Back Fist <b>KIHAP</b>	37	Seoreun Ilgop / 서른열일곱	Keumgang Makgi
18	Yeol Yeodeol / 열여덟	Right Supported Back Fist <b>KIHAP</b>	38	Seoreun Yeodeol / 서른열여덟	Keumgang Makgi
19	Yeol Ahop / 열아홉	Left Elbow Target Strike	39	Seoreun Ahop / 서른열아홉	Mountain Block
20	Seumul / 스물	Right Elbow Target Strike	40	Maheun / 마흔	Mountain Block <b>KIHAP</b>