

**HARRISBURG MARTIAL ARTS ACADEMY**

3 East Shady Lane  
Enola, Pennsylvania 17025  
(717) 732-7000

**BLOCK AND STRIKE TECHNIQUES**

1. Low Block / Chungul Jase Stance \*
2. High Block / Chungul Jase Stance \*
3. Middle Punch / Chungul Jase Stance \*
4. High Punch / Chungul Jase Stance \*
5. Inside Outside Block / Chungul Jase Stance \*
6. Outside Inside Block / Chungul Jase Stance \*
7. Double Supporting Block / Chungul Jase Stance \*
8. Spear Hand Attack / Chungul Jase Stance \*
9. High Knife Hand Block and Strike Technique / Chungul Jase Stance \*
10. Inside Outside Block / Hoogul Jase Stance \*\*
11. Outside Inside Block / Hoogul Jase Stance \*\*
12. Low Knife Hand Block / Hoogul Jase Stance \*\*
13. Middle Knife Hand Block / Hoogul Jase Stance \*\*
14. High Knife Hand Block / Hoogul Jase Stance \*\*
15. Low Pressing Block / Chungul Jase Stance \*
16. High Crossing Block / Chungul Jase Stance \*
17. Cupping Block / Chungul Jase Stance \*
18. Side Punch / Kima Jase Stance \*\*\*
19. Inside Outside Block from the opposite side / Chungul Jase Stance \*
20. Double High Forearm Block / Hoogul Jase Stance \*\*
21. Double High Knife Hand Block / Hoogul Jase Stance \*\*
22. Double Supporting Block / Hoogul Jase Stance \*\*
23. Middle Reverse Punch / Hoogul Jase Stance \*\*

**Techniques One (1) through Ten (10) are required for White and Orange Belts.**

Techniques One (1) through Twenty-Three (23) are required for Yellow Belts and above.

\* **CHUNGUL JASE STANCE** (Forward Bending Stance)

\*\* **HOOGUL JASE STANCE** (Fighting Stance)

\*\*\* **KIMA JASE STANCE** (Horse Riding Stance)

**Check off for all Chungul Stances**

1. Are my feet facing forward
2. Is my back leg locked
3. Is my front leg bent
4. Are my hips facing forward
5. This stance is called Chungul Jase or Forward bending stance