



# Grandmaster Hong Kong Kim's Tae Kwon Do Black Belt Academy

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## 20 Basic Motions

#	Motion (English)	Stance	Motion (Korean)
1	Ready		Chun-Bi
2	Riding Horse Stance, Punching Attack	Riding Horse	Key-ma ja-se kong-kyuk
3	Low Block	Front	Ha-dan ma-key
4	Middle Punch	Front	Chung-dan kong-kyuk
5	Upper Punch	Front	Sang-dan kong-kyuk
6	Upper Block	Front	Sang-dan ma-key
7	Front Stretching Kick Stance	Front	Up cha-key ja-se
8	Front Stretching Kick	Front	Up cha-or-le-key
9	Middle Front Snap Kick	Front	Chung-dan up cha-key
10	Upper Front Snap Kick	Front	Sang-dan up cha-key
11	Side Middle Block	Side	Chung-dan yup ma-key
12	Side Middle Punch	Side	Chung-dan yup kong-kyuk
13	Lower Knife Hand Block	Cat	Sue-do ha-dan ma-key
14	Upper Knife Hand Block	Cat	Sue-do sang-dan ma-key
15	Side Stretching Kick Stance	Side	Yup cha-key ja-se
16	Side Stretching Kick	Side	Yup cha-or-le-key
17	Middle Side Snap Kick	Side	Chung-dan yup cha-key
18	Upper Side Snap Kick	Side	Sang-dan yup cha-key
19	Round House Kick	Fighting	Dole-ya cha-key
20	Back Pivot Kick	Fighting	Dwee dole-ah cha-key