

COURAGE - YONG GI
CONCENTRATION - CHUNG SHIN TONG IL
ENDURANCE - EN NAE
HONESTY- CHUNG JIK

HUMILITY - KYUM SUM
CONTROL OF POWER - HIM CHO CHUNG
TENSION / RELAXATION - SHIN / CHOOK
SPEED CONTROL - WAN GUP

Yong Gi

Courage

Chung Shin Tong Il

Concentration

En Neh

Endurance

Chung Jik

Honesty

Kyum Son

Humility

Him Cho Chung

Control of Power

Shin Chook

Tension / Relaxation

Wan Gup

Speed Control

Ha Dan Mahk Kee	Low Block
Sang Dan Mahk Kee	High Block
Chung Dan Kong Kyuk	Center Punch
Sang Dan Kong Kyuk	High Punch
Ahp Podo Ol Ri Gi	Front Stretch Kick
Ahp Cha Nut Gi	Front Thrust Kick
Ahneso Pahkuro Cha Gi	Inside to Outside Kick

Mahk Kee	Block
Kong Kyuk	Attack/Punch
Ha Dan	Low Level
Chung Dan	Center Level
Sang Dan	High Level
Ahp	Front
Ahneso Pahkuro	Inside to Outside