

1 Dahn - Black Belt

I. Tae Kwon Do Language

- A. Boulder push - Toe Meel Kee XHᄇᆞ aLÄ r l
- B. Mountain push - Bah Way Meel Kee qk Dnl aLÄ r l
- C. Scissor block - Kah Way Mahk Kee rk Dnl aKᆞ r l
- D. Mountain block - Sahn Tihl Mahk Kee t Kᄋᆞ XMÄ aKᆞ r l
- E. Single mountain block - Way Sahn Tihl Mahk Kee Dnl t Kᄋᆞ XMÄ aKᆞ r l
- F. Knifehand single mountain block - Soen Nahl Way Sahn Tihl Mahk Kee
THᄋᆞ sKÄ Dnl t Kᄋᆞ XMÄ aKᆞ r l
- G. Elbow pull, shoulder level - Mawng Ae Bae Kee aJᄇᆞ dp qo r l
- H. Elbow strike, shoulder level - Mawng Ae Chee Kee aJᄇᆞ dp cl r l
- I. Small rock squish - Jahk Awn Dihl Chee Kee wKᆞ dJᄋᆞ EMÄ cl r l
- J. Big rock squish - Kwihn Dihl Chee Kee ZMᄋᆞ EMÄ cl r l
- K. Foot side of knee rock squish -
- L. Foot side of knee punch -
- M. Bird form, strike neck - Jae Bee Poem Moek Chee Kee wp ql VHÖE AHᆞ
cl r l
- N. Bird form, strike chin - Jae Bee Poem Tawk Chee Kee wp ql VHÖE XJᆞ
cl r l
- O. Pull and strike chin - Dahng Kyaw Tawk Chee Kee eKᄇᆞ ru xJᆞ cl
r l
- P. Pull and punch chin - Dahng Kyaw Tawk Jee Loo Kee eKᄇᆞ ru xJᆞ w
Fn r l
- Q. Assist high block -
- R. Palm hand assist block -
- S. Bull block - Hwahng Soe Mahk Kee Gᄇᆞ th aKᆞ r l
- T. Target elbow strike -
- U. Target kick -
- V. Spring punch -
- W. Open wing -
- X. Open wing punch -

II. Special Techniques A. Boulder push -

- B. Mountain push
- C. Scissor block
- D. Mountain block
- E. Single mountain block
- F. Knifehand single mountain block
- G. Elbow pull, shoulder level
- H. Elbow strike, shoulder level
- I. Small rock squish
- J. Big rock squish
- K. Foot side of knee rock squish

