



Mu Sa Kwan Tang Soo Do Federation

Name _____

Please Print Carefully!

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|--|------------------------------------|
| 1. Ha Dan Mahk Kee _____ | Low Block |
| 2. Sang Dan Mahk Kee _____ | High Block |
| 3. Phakeso Ahnuro Mahk Kee _____ | Outside To Inside Block |
| 4. Ahneso Pahkuro Mahk Kee _____ | Inside To Outside Block |
| 5. Ssang Soo Ahneso Pahkuro Mahk Kee _____ | Two Fisted Inside/Outside Block |
| 6. Ssang Soo Ha Dan Mahk Kee _____ | Low Cross Block, X Block |
| 7. Ha Dan Soo Do Mahk Kee _____ | Low Knife Hand Block |
| 8. Choong Dan Soo Do Mahk Kee _____ | Middle Knife Hand Block |
| 9. Sang Dan Soo Do Mahk Kee _____ | High Knife Hand Block |
| 10. Hu Gul Phakeso Ahnuro Mahk Kee _____ | Outside / Inside Block Side Stance |
| 11. Hul Gul Ahn eso Pahkuro Mahk Kee _____ | Inside/Outside Block, Side Stance |
| 12. Ha Dan Kong Kyuk _____ | Low Attack |
| 13. Choon Dan Kong Kyuk _____ | Middle Attack |
| 14. Ssang Dan Kong Kyuk _____ | High Attack |
| 15. Pyung Ahn Means _____ | Peace, Confidence |
| 16. Pyung Ahn Cho Dan _____ | Intermediate Form One |
| 17. Pyung Ahn Ee Dan _____ | Intermediate Form Two |
| 18. Pyung Ahn Sam Dan _____ | Intermediate Form Three |

APPROVED BY Master Greg Boliard
WORLD MOO DUK KWAN TANG SOO DO FEDERATION