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**BLOCKS (1)**

Outer Forearm Block = Bakat Palmok Makgi

Inner Forearm Block = An Palmok Makgi

Rising Block = Chookyo Makgi

Knifehand Guarding Block = Sonkal Daebi Makgi

Twin Forearm Block = San Palmok Makgi

Downward Palm Block = Sonbadak Naeryo Makgi

Wedging Block = Hechyo Makgi

Forearm Guarding Block = Palmok Daebi Makgi

Circular Block = Dollimyo Makgi

Hooking Block = Golcho Makgi

Twin Knifehand Block = Sang Sonkal Makgi

Double Forearm Block = Doo Palmok Makgi

Reverse Knifehand Block = Sonkal Dung Makgi

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**BLOCKS (2)**

Upward Palm Block = Ollyo Sonbadak Makgi

X-Block = Kyocha Makgi

Palm Pressing Block = Sonbadak Noollo Makgi

U-Shape Block = Digutja Makgi

X-Fist Pressing Block = Kyocha Joomuk Noollo Makgi

W-Shape Block = San Makgi

Double Forearm Pushing Block = Doo Palmok Miro Makgi

Palm Pushing Block = Sonbadak Miro Makgi

X-Knifehand Checking Block = Kyocha Sonkal Momchau Makgi

Twin Upward Palm Block = Sang Ollyo Sonbadak Makgi