

The Eights

8 Stances 1. Cha-ryot 2. Jhoon be 3. Horse stance 4. Fighting horse stance 5. Front stance 6. Back stance (fighting stance) 7. Cat stance 8. Cross leg stance	8 Footwork 1. Chunjin (forward skip) 2. Whojin (backward skip) 3. Ilbo chunjin (forward step) 4. Ilbo whojin (backward step) 5. Eebo chunjin (forward run) 6. Eebo whojin (backward run) 7. Turn step (spin step) 8. Reverse turn step (reverse spin step)
8 Blocks 1. High Block 2. Middle Block 3. Low Block 4. Knifehand Block 5. Inside/Outside Block 6. Outside/Inside Block 7. X Block 8. Palm Block	8 Punches 1. Jab 2. Reverse punch 3. Lead hook 4. Rear hook 5. Lead uppercut 6. Rear uppercut 7. Backfist 8. Ridgehand
8 Kicks 1. Front Kick 2. Side Kick 3. Roundhouse Kick 4. Hook Kick 5. Outside/inside Crescent Kick 6. Inside/outside Crescent Kick 7. Outside/inside Axe 8. Inside/outside Axe	8 Ways to throw a kick 1. Front leg 2. Rear leg 3. Skipping 4. Spinning 5. Jumping 6. Jump-Spinning 7. Offensively 8. Defensively