



Types of kick

Attacking kicks

Piercing kick – Cha jirugi:

Side piercing kick – Yopcha jirugi

Back piercing kick – Dwitcha jirugi

Pushing kick – Cha milgi:

Side pushing kick – Yopcha milgi

Back pushing kick – Dwitcha milgi

Thrusting kick – Cha tulgi:

Side thrusting kick – Yopcha tulgi

Smashing kick – Cha busigi:

Front snap kick – Apcha busigi

Turning kick – Dollyo chagi

Reverse turning kick – Banae dollyo chagi

Reverse hooking kick – Banae dollyo goro chagi

Twisting kick – Bituro chagi

Defensive kicks

Front rising kick – apcha olligi

Side rising kick – Yopcha olligi

Crescent kick – Bandal chagi

Hooking kick – Golcho chagi