



FOOT ATTACK TECHNIQUES

Abcha Busigi

Front Snap Kick





FOOT ATTACK TECHNIQUES

Yop apcha busigi

Side Front Snap Kick





FOOT ATTACK TECHNIQUES

Kaunde yopcha jirugi

Side piercing kick





FOOT ATTACK TECHNIQUES

Nopunde yopcha jirugi

High piercing kick





FOOT ATTACK TECHNIQUES

Yopcha tulgi

Side thrusting kick





FOOT ATTACK TECHNIQUES

Yopcha milgi

Side pushing kick





FOOT ATTACK TECHNIQUES

Dwitcha jirugi

Back piercing kick





FOOT ATTACK TECHNIQUES

Dwitcha milgi

Back pushing kick





FOOT ATTACK TECHNIQUES

Dollyo chagi

Turning kick





FOOT ATTACK TECHNIQUES

Yop dollyo chagi
Side turning kick





FOOT ATTACK TECHNIQUES

Naeryo chagi

Downward kick





FOOT ATTACK TECHNIQUES

Ollyo chagi

Upward kick





FOOT ATTACK TECHNIQUES

Bandae dollyo chagi

Reverse turning kick





FOOT ATTACK TECHNIQUES

Bandae dollyo gorochoagi

Reverse hooking kick





FOOT ATTACK TECHNIQUES

Najunde Bituro chagi

Low twisting kick





FOOT ATTACK TECHNIQUES

Kaunde Bituro Chagi

Middle twisting kick





FOOT ATTACK TECHNIQUES

Nopunde bituro chagi

High twisting kick



General
Choi Hong Hi



FOOT ATTACK TECHNIQUES

Sewo chagi

Vertical kick





FOOT ATTACK TECHNIQUES

Noolo chagi

Pressing kick





FOOT ATTACK TECHNIQUES

Anuro chagi

Inward kick





FOOT ATTACK TECHNIQUES

Suroh chagi

Sweeping kick

