

Abcha Busigi Front Snap Kick





Yop apcha busigi
Side Front Snap Kick







Kaunde yopcha jirugi Side piercing kick







Nopunde yopcha jirugi High piercing kick





Yopcha tulgi

Side thrusting kick







Yopcha milgi Side pushing kick







Dwitcha jirugi

Back piercing kick







Dwitcha milgi
Back pushing kick







Dollyo chagi

Turning kick







Yop dollyo chagi Side turning kick







Naeryo chagi

Downward kick







Ollyo chagi Upward kick







Bandae dollyo chagi Reverse turning kick







Bandae dollyo gorochagi Reverse hooking kick







Najunde Bituro chagi
Low twisting kick



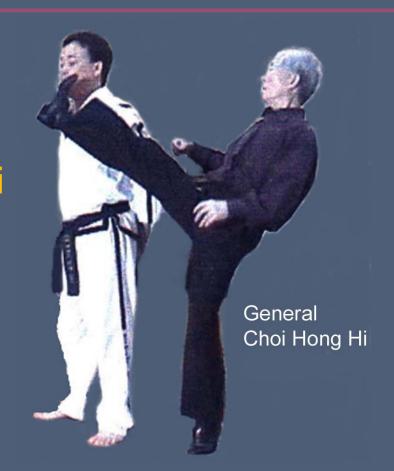


Kaunde Bituro Chagi Middle twisting kick





Nopunde bituro chagi High twisting kick





Sewo chagi

Vertical kick







Noolo chagi

Pressing kick







Anuro chagi Inward kick







Suroh chagi Sweeping kick



