

**KICKS (1)**

Front Leg Raise = Apcha Olligi

Side Leg Raise = Yopcha Olligi

Front Snap Kick = Apcha Busigi

Side Kick = Yop Chagi

Side Piercing kick = Yopcha Jirugi

Turning Kick = Dollyo Chagi

Side Turning Kick = Yop Dollyo Chagi

Downward Kick = Naeryo Chagi

Inward Crescent Kick = Anuro Bandal Chagi

Outward Crescent Kick = Bakuro Bandal Chagi

Back Kick = Dwit Chagi

Spinning Back Kick = Bandae Dwit Chagi

Hook Kick = Gorreo Chagi

Spinning Hook Kick = Bandae Gorreo Chagi

Reverse Turning Kick = Bandae Dollyo Chagi

Double Kick = Doo Chagi

Jump Kick = Twigi Chagi



**KICKS (2)**

Flying Kick = Twimyo Chagi

Twisting Kick = Bituro Chagi

Flying Kick = Twimyo Chagi

Sweeping Kick = Goro Chagi

Hooking Kick = Golcho Chagi