

Basic Kicking Techniques

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Front kick	Ahp cha nut gi
Roundhouse kick	Dull ryo cha gi
Side kick	Yup cha gi
Jump front kick	E dan ahp cha nut gi
Inside/outside kick	Ahneso pahkuro cha gi
Outside/inside kick	Pahkeso ahnuro cha gi
Back kick	Dwi cha gi
Jump back kick	E dan dwi cha gi
Jump roundhouse kick	E dan dull ryo cha gi
Jump side kick	E dan yup cha gi
Jump inside/outside kick	E dan ahneso pahkuro cha gi
Outside/inside kick -- side kick	Pahkeso anhuro cha gi, yup cha gi
Inside/outside kick -- roundhouse kick	Ahneso pahkuro cha gi, dull ryo cha gi
Roundhouse kick -- back kick	Dull ryo cha gi, dwi cha gi