

Kicks - CHAGI (Attack Techniques-GONG GYOK GI)



Double kick - I-Jung Chagi

The kick delivered twice in succession in the same direction by the same foot.

Triple kick - Samjung Chagi

The kick delivered three times in succession in the same direction by the same foot.

Consecutive kick - Yonsok Chagi

When two or more kicks are executed in succession by the same foot in different directions and/or with different tools.

Combination kick - Honhap Chagi

When both feet are used to deliver two or more kicks in succession.

High kick - Nopunde Chagi

When the attacking tool reaches the same level of the attacker's eyes at the moment of impact.

Middle kick - Kaunde Chagi

When the attacking tool reaches the same level of the attacker's shoulder at the moment of impact.

Low kick - Najunde Chagi

When the attacking tool reaches the same level of the umbilicus of the attacker at the moment of impact.

Side kick - Yop Chagi

Side piercing kick - Yopcha Jirugi

One of the most effective techniques for attacking an opponent. The footsword is employed as an attacking tool.

Side thrusting kick - Yopcha Tulgi

Variation of as side piercing kick and it utilizes only weight or mass without acceleration and power. The footsword is employed as an attacking tool.

Side pushing kick - Yopcha Milgi

Variation of as side piercing kick and the ability to attack the front of the opponent's body at distance. The ball of the foot is employed as an attacking tool.

Back kick - Dwit Chagi

Back piercing kick - Dwitcha Jirugi

This kick is quite effective for attacking an opponent approaching from the rear. The footsword is employed as an attacking tool.

Back pushing kick - Dwitcha Milgi

The procedure of this kick is the same as that of the back piercing kick with the exception that the knee is slightly bent at the moment of impact. The backsole is employed as an attacking tool.

Front snap kick - Apcha Busigi

The technique is designed to attack an opponent in the front. It is performed with ball of the foot.

Side front snap kick - Yobap Cha Busigi

The technique is designed to attack an opponent at the side front. The ball of the foot is primary weapon while the instep and toes are secondary.

Back snap kick - Dwitcha Busigi

This kick is used to attack an opponent who is approaching from the rear. The back heel is the attacking tool.

Turning kick - Dollyo Chagi

The kick is ideal for attacking an opponent positioned at the side front. The ball of the foot, instep and knee are used as an attacking tool.

Side turning kick - Yop Dollyo Chagi

This is a variation of a turning kick. The advantage is the ability to attack the opponent standing abreast or in front at a relatively greater distance. The ball of the foot and instep are used as attacking tools.

Reverse turning kick - Banae Dollyo Chagi

This is a reverse form of turning kick used against an opponent at the side rear. The back heel is used as an attacking tool.

Reverse hooking kick - Banae Dollyo Goro-chagi

This is a variation of a reverse turning kick, and has a dual purposes; one is to kick, and the other to hook the opponent who moves in during the execution of kicking.

Downward kick - Naeryo Chagi

This kick is useful for attacking an opponent by passing over an obstacle such as another person. The back heel is used as an attacking tool.

Pick shape kick - Gokaeng-I Chagi

This is a variation of a downward kick.

Twisting kick - Bituro Chagi

If the attacking tool approaches the target area in an out curved line.

Vertical kick - Sewo Chagi

This is a variation of a downward kick.

Pressing kick - Noollo Chagi

Primary purpose of this kick is to break the knee joint or calf bone, but it can be use for other purposes.

Upward kick - Ollyo Chagi

This technique is employed in attacking the target from 90 degree angle. The footsword is mainly used, though occasionally with the reverse footsword.

Outward kick - Bakuro Chagi

The knee joint and shin are the main targets with the temple, philtrum and solar plexus are secondary targets. Footsword is used as an attacking tool.

Inward kick - Anuro Chagi

This kick is usually executed against the fossa, and occasionally the inner or outer knee joint. Side sole is used as an attacking tool.

Stamping kick - Cha Bapgi

The kick is used to attack the opponent's instep while he is holding either from the front or the rear. The back sole is mainly used, though occasionally the side sole.

Sweeping kick - Suroh Chagi

This kick is effective in breaking the opponent's balance. The side sole and the back heel are used as attacking tools.

Grasping kick - Butjapgo Chagi

This technique is used against two opponents simultaneously.

Straight kick - Jigeau Chagi

This kick is used against a low target. Back heel is used as an attacking tool.