

SOUTHMIDLANDS TAE KWON-DO

KICKS

English

FRONT SNAP KICK
SIDE PIERCING KICK
KNEE KICK
TURNING KICK
FLYING SIDE KICK
BACK PIERCING KICK
PRESSING KICK
TWISTING KICK
REVERSE TURNING KICK
REVERSE HOOKING KICK
HOOKING KICK
PICK SHAPED KICK
DODGING REVERSE TURNING KICK
FLYING TWO DIRECTIONAL KICK
SWEEPING KICK
WAVING KICK
CRESCENT KICK
FLYING HIGH KICK
SIDE PUSHING KICK
SIDE CHECKING KICK
SIDE THRUSTING KICK
FLYING FRONT SNAP KICK
VERTICAL KICK
DOWNWARD KICK

Korean

AP CHA BUSIGI
YOP CHA JIRUGI
MOORUP CHAGI
DOLLYO CHAGI
TWIMYO YOP CHAGI
DWIT CHA JIRUGI
NOOLLO CHAGI
BITURO CHAGI
BANDAE DOLLYO CHAGI
BANDAE DOLLYO GORO CHAGI
GOLCHO CHAGI
GOKGAENG-I CHAGI
PIHAMYO BANDAE DOLLYO CHAGI
TWIMYO SANG BANG CHAGI
SUROH CHAGI
DORO CHAGI
BANDAL CHAGI
TWIMYO NOPI CHAGI
YOP CHA MILGI
YOP CHA MOMCHOOGI
YOP CHA TULGI
TWIMYO AP CHA BUSIGI
SEWO CHAGI
NAERYO CHAGI