



# GI CHO BAL CHA GI

## (BASIC KICKS)

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|--|---------------------------------|
| 1. AN DA RI CHA NUT GI                 | INSIDE LOW SCOOP KICK           |
| 2. AN DA RI CHA GI                     | INSIDE KICK                     |
| 3. BA GAT DA RI CHA GI                 | OUTSIDE KICK                    |
| 4. JO KI JI RU GI                      | CENTER TOE KICK                 |
| 5. DUI KUM CHI OUL REO CHA GI          | HEEL STRAIGHT UP KICK           |
| 6. DUI KUM CHI NAE REO CHA GI          | HEEL STRAIGHT OUTSIDE DOWN KICK |
| 7. DUI KUM CHI MITU RO CHA GI          | HEEL DOWN KICK                  |
| 8. JIK UH CHA GI                       | SNAP KICK                       |
| 9. DUI KUM CHI DOL REO CHA GI          | HIGH HEEL HOOK KICK             |
| 10. YUP CHA GI                         | SIDE KICK                       |
| 11. SANG DAN YUP CHA GI                | FACE LEVEL SIDE KICK            |
| 12. BI KEO CHA GI                      | SLAP KICK                       |
| 13. UP CHA GI                          | FRONT KICK                      |
| 14. BAL MAK GI                         | BLOCK DOWN KICK                 |
| 15. JO K DO OUL REO CHA GI             | KNIFE EDGE UP KICK              |
| 16. JO K DO NAE REO CHA GI             | KNIFE EDGE DOWN KICK            |
| 17. JO K DO MI REO NUT GI              | KNIFE EDGE PUSH KICK            |
| 18. HU RI CHA GI                       | HEEL DOWN HOOK KICK             |
| 19. HU BUK DA RI CHA GI                | HEEL INSIDE HOOK KICK           |
| 20. JO K DO MITU RO DOL REO CHA GI     | LOW CURVE KICK                  |
| 21. DUI KUM CHI MITU RO DOL REO CHA GI | LOW CIRCLE HEEL KICK            |
| 22. JO K DO DUI CHA GI                 | BACKWARD SIDE KICK              |
| 23. DUI CHA GI                         | BACK KICK                       |
| 24. MOO RUP CHA GI                     | KNEE LIFT KICK                  |