



GI CHO BAL CHA GI (BASIC KICKS)

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. JOKI 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 OUSIDE 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. SAND 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. JOK DO OUL REO CHA GI - KNIFE EDGE UP KICK
16. JOK DO NAE REO CHA GI - KNIFE EDGE DOWN KICK
17. JOK DO MI REO NUT GI - KNIFE EDGE PUSH KICK
18. HU RI CHA GI - HEEL DOWN HOOK KICK
19. HU BAK DA RI CHA GI - HEEL INSIDE HOOK KICK
20. JOK DO MITU RO DOL REO CHA GI - LOW CURVE KICK
21. DUI KUM CHI MITU RO DOL REO CHA GI - LOW CIRLE HEEL KICK
22. JOK DO DUI CHA GI - BACKWARD SIDE KICK
23. DUI CHA GI - BACK KICK
24. MOO RUP CHA GI - KNEE LIFT KICK



ORANGE BELT DOUBLE KICKS

(7 Heaven and Earth Kicks)

1) **Center Toe and Side Kick**

~Moving Heaven and Earth

(Groin Point Kick and Golden Bell Ram Kick)

2) **Center Toe and Backward Side Kick**

~Heaven and Earth Split

(Groin Point Kick and Backward Golden Bell Ram Kick)

3) **Inside Kick and Outside Kick**

~Yin Yang Kick

(Fin kick and Pang Kick)

4) **Inside Kick and Side Kick Forward**

~Splitting Yin

(Fin Kick and Forward Golden Bell Ram Kick)

5) **Center Toe and High Snap Kick**

~Heaven and Earth Striking Serpent

(Groin Point Kick and High Striking Serpent Kick)

6) **Low and High Side Kick**

~Heaven and Earth Ram

(Low and High Golden Bell Ram Kick)

7) **Low Curve and Skipping Hook Kick**

~Earthly Serpent, Heavenly Swallow

(Serpent in the Grass and Turning Swallow Kick)



BLUE BELT DOUBLE KICKS

(7 Sun and Moon Kicks)

1) **Center Toe and Skipping Side Kick**

~Moon Kick

(Groin Point Kick and Golden Ram Kick)

2) **Center Toe and Skipping Backward Side Kick**

~Sun Kick

(Groin Point Kick and Backward Golden Ram Kick)

3) **Side Kick Forward and Turning Side Kick**

~Glorious Moon

(Golden Ram Kick and Turning Ram Kick)

4) **Snap Kick and Turning Side Kick**

~Lunar Beam

(Striking Serpent Kick and Turning Ram Kick)

5) **Side Kick Forward and Spinning Heel Kick**

~Solar Rays

(Golden Ram Kick and Dragon Tail Whip)

6) **Side Kick and Side Kick**

~Glorious Sun

(Double Golden Ram)

7) **Side Kick Forward & Inside Kick & Skipping Side Kick**

~The Eclipse

(Serpent in the Grass and Turning Swallow Kick)



BROWN BELT DOUBLE KICKS

(7 Dragon and Phoenix Kicks)

1) **Center Toe and Jumping Inside Kick**

~Straight Dragon, Diving Phoenix

(Groin Point Kick and Jumping Fin Kick)

2) **Center Toe and Jumping Outside Kick**

~Straight Dragon, Rising Phoenix

(Groin Point Kick and Jumping Fang Kick)

3) **Inside Kick and 3 Continuous Jumping Inside Kicks**

~Coiling White Dragon

(Fin Kick and 3 continuous Fin Kick)

4) **Low Curve Kick and Jump Turning Snap**

~Reborn Phoenix

(Serpent in the Grass and Cyclone Kick)

5) **Low Curve Kick and Jump Turning Inside Axe Kick**

~Returning Phoenix

(Serpent in the Grass and Turning Inside Axe Kick)

6) **Three Follow Down Spinning Heel Kicks**

~Triple Dragon

(High, Middle and Low Dragon's Tail Whip)

7) **Low Snap, Low Spinning Heel & Jumping Spinning Heel**

~Playful Dragon and Phoenix

(Low Striking Serpent, Sweeping Dragon's Tail Whip, and Jumping Dragon's Tail Whip)