



ALBANNA
MARTIAL ARTS CENTER
مركز البناء للفنون القتالية



TAEKWONDO KICKS

**ENGLISH & KOREAN
NAMES**



ALBANNA
MARTIAL ARTS CENTER
مركز البناء للفنون القتالية



TAEKWONDO KICKS



ap chagi 1



ap chagi 2



ap chagi 3



ap chagi 4



ap chagi 5



ap chagi 6

AP CHAGI
FRONT KICK



ALBANNA
MARTIAL ARTS CENTER
مركز البناء للفنون القتالية



TAEKWONDO KICKS



yop chagi 1



yop chagi 2



yop chagi 3



yop chagi 4



yop chagi 5

YOP CHAGI
SIDE KICK



ALBANNA
MARTIAL ARTS CENTER
مركز البناء للفنون القتالية



TAEKWONDO KICKS



dolloyo chagi 1



dolloyo chagi 2



dolloyo chagi 3



dolloyo chagi 4



dolloyo chagi 5

DOLLOYO CHAGI
ROUND HOUSE KICK



ALBANNA
MARTIAL ARTS CENTER
مركز البناء للفنون القتالية



TAEKWONDO KICKS



5. bandal chagi



6. bandal chagi

BANDAL CHAGI DICHOTOMY KICK



mireo chagi 1



mireo chagi 2



mireo chagi 3

MIREO CHAGI PUSH KICK



ALBANNA
MARTIAL ARTS CENTER
مركز البناء للفنون القتالية



TAEKWONDO KICKS



dwi chagi 1



dwi chagi 2



dwi chagi 3

DWI CHAGI BACK KICK



naeryo chagi 1



naeryo chagi 2



naeryo chagi 3

NEARYO CHAGI DOWNWARD KICK



ALBANNA
MARTIAL ARTS CENTER
مركز البناء للفنون القتالية



TAEKWONDO KICKS



an chagi 1



an chagi 2



an chagi 3

AN CHAGI INNER KICK



bakkat chagi 1



bakkat chagi 2



bakkat chagi 3

BAKKAT CHAGI OUTER KICK



ALBANNA
MARTIAL ARTS CENTER
مركز البناء للفنون القتالية



TAEKWONDO KICKS



k) onmomdollyo huryo
chagi 1



k) onmomdollyo huryo
chagi 2



k) onmomdollyo huryo
chagi 3



k) onmomdollyo huryo
chagi 4



k) onmomdollyo huryo
chagi 5



k) onmomdollyo huryo
chagi 6

MOMDOLLYO CHAGI
TURNING BACK KICK