

Gi Cho (Basic) Techniques and Terms

TYPES OF MOVEMENT (after directions)	TYPES OF MOVEMENT (after directions)
Kong Kyuck	Attack, Strike (hands, arms)
Mah Kee	Block
Cha Gee	Kick Techniques (feet, legs)
DIRECTIONS (before types)	DIRECTIONS (before types)
Ha Dan	Low
Sang Dan	High
Choong Dan	Middle
Onaso Pakero	Inside to Outside
Pakaso Anaro	Outside to Inside
Gee Cho (Basic) Techniques	Gee Cho (Basic) Techniques
Ha Dan Mah Kee	Low Block
Sang Dan Mah Kee	_____
Onaso Pakero Mah Kee	_____
Pakaso Anaro Mah Kee	_____
Choong Dan Kong Kyuck	Middle Punch
Sang Dan Kong Kyuck	_____
Onaso Pakero Cha Gee	_____
Pakaso Onaro Cha Gee	_____
Paul Goop (Elbow) Kong Kyuck	_____

Other Gee Cho Cha Gee that don't exactly follow these rules:

Apollo Ariggi (Front Stretch Kick)	Up-cha-na-gee (Front Thrust Kick)
Dollio <u>Cha Gee</u> (Roundhouse Kick)	Yup Pollo <u>Cha Gee</u> (Side Kick)