

GUP TERMINOLOGY

Cha Gi (Foot Techniques)



Ground Kicks

Ahp Cha Gi – Front Kick

Ahneso Pahkuro Cha Gi – Inside Outside Kick

Pahkeso Ahnuro Cha Gi – Outside Inside Kick

Dollryo Cha Gi – Roundhouse Kick

Yup Cha Gi – Side Kick

Dwee Cha Gi – Back Kick

Hurugi Cha Gi – Hook Kick

Dwee Hurugi Cha Gi – Spin Hook Kick

Dwee Ahneso Pahkuro Cha Gi – Spin Inside Outside Kick (Long/Short)

Moo Rup Cha Gi – Knee Strike

Front Leg Kick (Ahp Bal)

Ahp Bal Ahp Cha Gi – Front Leg Front Kick

Ahp Bal Ahneso Pahkuro Cha Gi – Front Leg Inside Outside Kick

Ahp Bal Dollryo Cha Gi – Front Leg Round House Kick

Ahp Bal Yup Cha Gi – Front Leg Side Kick

Ahp Bal Hurugi Cha Gi – Front Leg Hook Kick

Jump Kicks (Ee Dan)

Ee Dan Ahp Cha Gi – Fake Jump Front Kick

Ee Dan Ahneso Pahkuro Cha Gi – Fake Jump Inside Outside Kick

Ee Dan Dollryo Cha Gi – Fake Jump Roundhouse Kick

Ee Dan Yup Cha Gi – Jump Side Kick

Ee Dan Dwee Cha Gi – Jump Back Kick

Ee Dan Dwee Hurugi Cha Gi – Jump Spin Hook Kick

Ee Dan Dwee Ahneso Pahkuro Cha Gi – Jump Spin Inside Outside Kick

Ee Dan Dwee Pahkeso Ahnuro Cha Gi – Tornado Outside Inside Kick

Ee Dan Dwee Dollryo Cha Gi – Tornado Roundhouse Kick

Hopping Kicks

Dee Mul Yup Cha Gi – Hopping Side Kick

Dee Mul Hurugi Cha Gi – Hopping Hook Kick

