



Common Taekwondo Kicks in Korean

Front snap kick - Ap Chagi

Sometimes called just “front kick” or “snap kick”, this technique is performed by chambering the knee vertically upward and then extending the foot toward the front of the target. Contact can be made with either the top/instep of the foot or the ball of the foot.

Axe kick - Naeryeo Chagi

This technique is performed by raising the foot high above the target and then swinging downward. Contact can be made with the heel by flexing the toes upward or with the entire bottom of the foot by pointing the toes forward.

Roundhouse kick - Dollyeo Chagi

Sometimes called “round kick” or “turning kick”, this technique involves pivoting the supporting foot and chambering the kicking knee into a horizontal position. The kicking foot is then extended in a snapping motion toward the side of the target. Contact can be made with either the top/instep of the foot or the ball of the foot.

Side kick - Yeop Chagi

Similar to roundhouse kick, this technique involves a major pivot of the supporting foot in order to chamber the kicking knee in a horizontal position. The kicking foot is then extended in a thrusting motion toward the target. Contact can be made with the knife edge of the foot or the entire bottom of the foot.

Back kick - Dwit Chagi

Sometimes called “spinning back kick”, this technique requires a 180° rotation of the body so that the rear side of the kicker is facing the target. The kicking leg is thrust backward with the toes pointing down toward the ground. Contact should be made with the entire bottom of the foot.