

Jok Gi - Foot Techniques

10th Gup

Ahp Podo Ol Ri Gi
Ahp Cha Nut Gi
Aheso Pahkuro Cha Gi

9th Gup

Dollyo Cha Gi (stepping)
Dollyo Cha Gi (rear leg/spinning)
Dollyo Cha Gi (slide up front leg)

8th Gup

Yup Ol Ri Gi
Yup Podo Cha Gi (stepping)
Yup Podo Cha Gi (rear leg/spinning)

7th Gup

Dollyo Cha Gi (with fake front kick)
Dwi Cha Gi
E Dan Ahp Cha Nut Gi

6th Gup

Pahkeso Ahnuro Cha Gi (offensive)
Pahkeso Ahnuro Cha Gi (defensive)
E Dan Yup Podo Cha Gi (rear leg)

5th Gup

Yup Huri Gi
E Dan Yup Podo Cha Gi (front leg)
Yup Podo Cha Gi, Dwi Cha Gi

4th Gup

Dwi Huri Gi
E Dan Dollyo Cha Gi
E Dan Aheso Pahkuro Cha Gi

3rd Gup

Dwi Aheso Pahkuro Cha Gi
E Dan Dwi Cha Gi
E Dan Dwi Huri Gi

2nd Gup

Peet Cha Gi
E Dan Dwi Aheso Pahkuro Cha Gi
E Dan Dwi Pahkeso Ahnuro Cha Gi