

GROUND FOOT TECHNIQUE (*Noowo Bal Gisool*)

The student of Taekwon-Do should be able to meet an opponent or opponents even in a reclining position. A technique performed with the foot while lying down is called a "ground foot technique" and is used at a close range.

It is divided into attack and defence techniques.

Ground Front Snap Kick

(*Noowo Apcha Busigi*)



With shoes on



With twin foot

Ground Side Piercing Kick (*Noowo Yopcha Jirugi*)



Ground Side Thrusting Kick (*Noowo Yopcha Tulgi*)

The kicking procedure is the same as that of a ground side piercing kick with the exception of the attacking tool.



Ground Downward Kick (*Noowo Naeryo Chagi*)

This technique is mainly performed with the back heel though occasionally the ball of the foot is used. In either case the kicking leg must be properly bent at the moment of impact.

Back Heel



Ball of the Foot



Ground Turning Kick (*Noowo Dollyo Chagi*)



Ground Vertical Kick (*Noowo Sewo Chagi*)



Two Direction Kick



Ground Twisting Kick (*Noowo Bituro Chagi*)

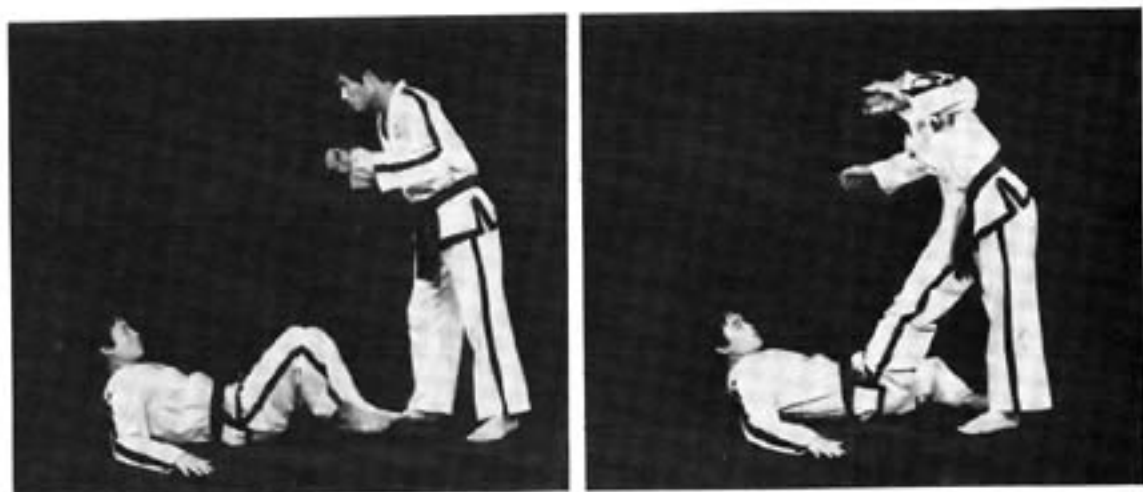
The ball of the foot is the main attacking tool though the instep is also a tool for middle twisting kick and the toes can be used when wearing shoes.



Two Direction Kick



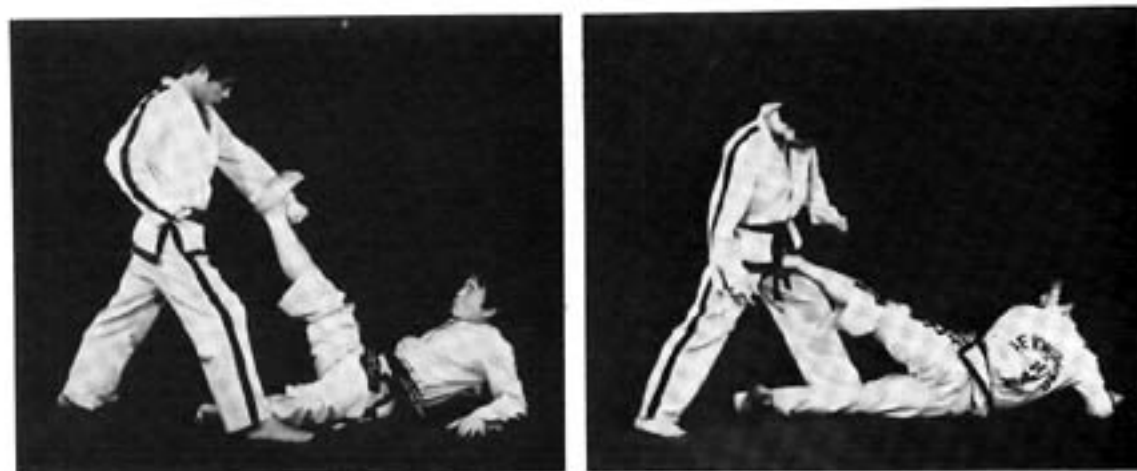
Ground Front Checking Kick (*Noowo Apcha Momchugi*)



Ground Crescent Kick (*Noowo Bandal Chagi*)



Ground Hooking Kick (*Noowo Golcho Chagi*)



Ground Leg Crossing (*Noowo Dari Kogi*)

This is widely used for protecting the lower abdomen or points below. An advantage of this technique is that the blocking legs can be swiftly converted into a simultaneous counter-attack to both sides.



Twisting Kick



Vertical Kick



Downward Kick



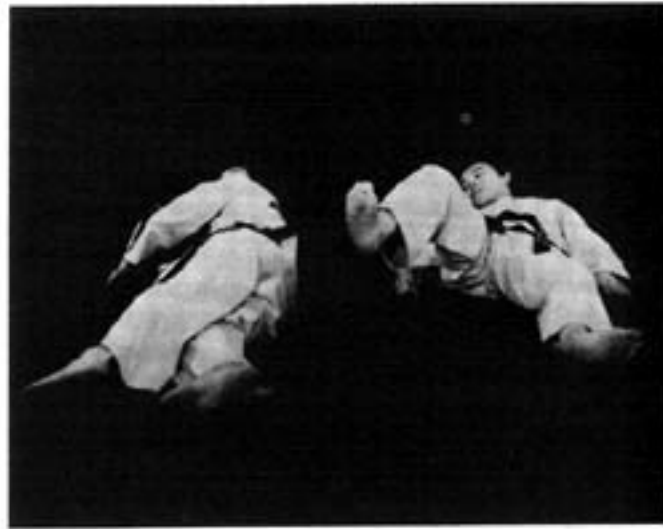
Ground Knee Bending (*Noowo Moorup Guburigi*)

The uses of this technique are similar to those of a leg crossing.



Ground Dodging (*Noowo Pihagi*)

Rolling out



Rolling in