

PATADAS (CHAGUI)

<p>Patada al frente</p> 	<p>Patada circular</p> 	<p>Patada lateral</p> 
<p>Patada hacia atrás</p> 	<p>Patada enganchando</p> 	<p>Patada enganchando con pierna recta</p> 
<p>Patada descendente</p> 	<p>Empujar con el pie</p> 	<p>Círculo de pierna exterior</p> 
<p>Círculo de pierna interior</p> 	<p>Patada semicircular baja</p> 	<p>Patada semicircular baja exterior</p> 
<p>Elevación de pierna</p> 	<p>Patada semicircular baja, con giro</p> 	<p>Patada hacia atrás con giro</p> 
<p>Patada lateral con giro</p> 	<p>Patada enganchando, con giro</p> 	<p>Patada enganchando con pierna recta, con giro</p> 
<p>Patada en salto con los dos pies a la vez abiertos</p> 	<p>Patada en salto en forma de tijera</p> 	<p>Patada en salto con los dos pies juntos</p> 

Hapkido Techniques Manual

Tobias Bleicker

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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