

Taeguek Il jang

Start Kibon junbiseogi

1 wen apseogi, araemakki

2 oreun apseogi, momtong bandaejireugi

3 oreun apseogi, araemakki

4 wen apseogi, momtong bandaejireugi

5 wen apkubi, araemakki

6 (wen apkubi) momtong barojireugi

7 oreun apseogi, momtong anmakki

8 wen apseogi, momtong barojireugi

9 wen apseogi, momtong anmakki

10 oreun apseogi, momtong barojireugi

11 oreun apkubi, araemakki

12 (oreun apkubi) momtong barojireugi

13 wen apseogi, olgulmakki

14 oreunbal apchagi (vuisten voor lichaam!)

14-1 oreun apseogi, momtong bandaejireugi

15 oreun apseogi, olgulmakki

16 wenbal apchagi (vuisten voor lichaam!)

16-1 wen apseogi, momtong bandaejireugi

17 wen apkubi, araemakki

18 oreun apkubi, momtong bandaejireugi

(Kihap)

