



Start kibon junbiseogi

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|---------|---|------|--|
| 1 | wen apkubi, araemakki | 2 | wenseogi, mejumeok naeryochigi |
| 3 | oreun apkubi, araemakki | 4 | oreunseogi, mejumeok naeryochigi |
| 5 | wen apkubi, momtong anmakki | 6 | momtong anmakki, oreunbal apchagi |
| 6-1 | oreun apkubi, deungjumeok apchigi | 6-2 | momtong anmakki (R), momtong anmakki (L) |
| 7 | wenbal apchigi | 7-1 | wen apkubi, deungjumeok apchigi |
| 7-2 | momtong anmakki (L), momtong anmakki (R) | 8 | oreun apkubi, deungjumeok apchigi |
| 9 | oreun dwitkubi, hanssonal bakkatmakki | | |
| 10 | oreun apkubi, palkup dollyochigi (schouderhoogte!) | | |
| 11 | wen dwitkubi, hanssonal bakkatmakki | | |
| 12 | wen apkubi, palkup dollyochigi (schouderhoogte!) | | |
| 13 | wen apkubi, araemakki | 13-1 | momtong anmakki (R) |
| 14-1 | oreunbal apchagi, oreun apkubi, araemakki | 14-2 | momtong anmakki (L) |
| 15 | wen apkubi, olgulmakki | | |
| 16/16-1 | oreunbal yopchagi, palkup pyojeokchigi (borsthoogte!) | | |
| 17 | oreun apkubi, olgulmakki | | |
| 18/18-1 | wenbal yopchagi, wen apkubi, palkup pyojeokchigi (borsthoogte!) | | |
| 19 | wen apkubi, araemakki | 19-1 | momtong anmakki (R) |
| 20 | oreunbal apchagi (stampen!) | 20-1 | dwikkoaseogi, deungjumeok apchigi (Kihap) |