

MOM – ZONAS DEL CUERPO

ARE (ABAJO)

MONTONG (MEDIO)

OLGUL (ARRIBA)

CHUMOK (PUÑO)

DUNG CHUMOK (NUDILLOS)



AN PALMOK



BAKAT PALMOK

SOGUI KISUL - POSICIONES

MOA SOGUI



CHARIOT SOGUI



NARANJI SOGUI



PIONJI SOGUI



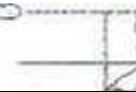
CHUCHUM SOGUI



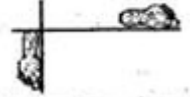
AP SOGUI



AP KUBI SOGUI



TUIT KUBI SOGUI



SON KISUL MAKI - DEFENSAS

ARE MAKI

MONTONG MAKI

MONTONG AN MAKI

OLGUL MAKI

AN PALMOK MONTONG MAKI

MONTONG BAKAT MAKI



RAÍZ



F.FINAL

AN PALMOK MONTONG BAKAT MAKI



RAÍZ



F.FINAL

MONTONG BAKAT MAKI

SON KISUL GONG KIOK – ATAQUES DE BRAZO

EN CHUCHUM SOGUI:

- ARE JIRUGUI
- MONTONG JIRUGUI
- OLGUL JIRUGUI

MONTONG BANDE JIRUGUI

MONTONG BARO JIRUGUI

DUBONG MONTONG JIRUGUI



OLGUL BANDE JIRUGUI



RAÍZ



FOCO FINAL

SONNAL AN CHIGUI

BAL KISUL– TECNICAS DE PIERNA



AP CHAGUI



BANDAL
CHAGUI



DOLLIO
CHAGUI



NERYO
CHAGUI



YOP
CHAGUI



MIRO
CHAGUI