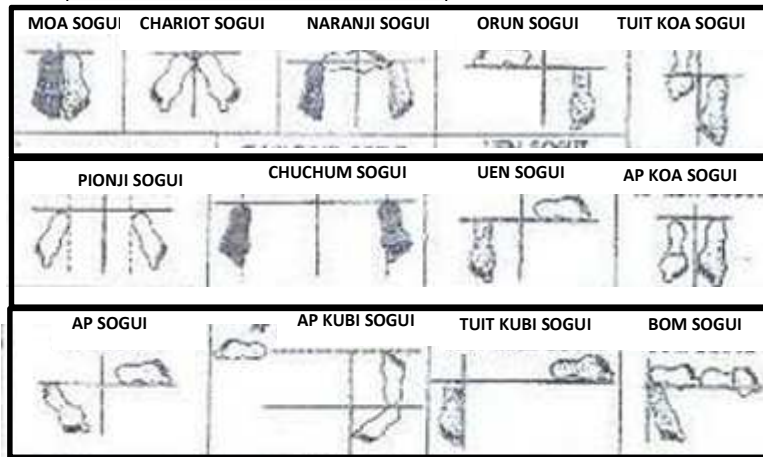


## CINTURON AZUL

### SOGUI KISUL - POSICIONES

### MOM – ZONAS DEL CUERPO

|                                                           |                               |
|-----------------------------------------------------------|-------------------------------|
| CHUMOK (PUÑO)                                             | MURUP (RODILLA)               |
| DUNG CHUMOK (NUDILLOS)                                    | SONNAL (CANTO DE LA MANO)     |
| AN PALMOK (PARTE RADIAL DEL BRAZO)                        | BATANG SON (PALMA DE LA MANO) |
| BAKAT PALMOK (PARTE CUBITAL DEL BRAZO)                    | PALKUP (CODO)                 |
| AKUM SON (PARTE DE LA MANO CON LA QUE RODEAMOS EL CUELLO) | BAL (PIE)                     |
| SONNAL DUNG (LADO OPUESTO AL CANTO DE LA MANO)            | AP CHUK (METATARSO DEL PIE)   |
| BALNAL (PARTE EXTERIOR DEL PIE)                           | TUIT CHUK (TALON)             |



### SON KISUL MAKI - DEFENSAS

|                               |                           |
|-------------------------------|---------------------------|
| AN PALMOK MONTONG MAKI        | BATANGSON NULO MAKI       |
| MONTONG BAKAT MAKI            | OKGORRO ARE MAKI          |
| JANSONNAL MONTONG BAKAT MAKI  | GECHIO MONTONG MAKI       |
| SONNAL MONTONG MAKI           | GECHIO ARE MAKI           |
| AN PALMOK GECHIO MONTONG MAKI | BATANGSON MONTONG AN MAKI |



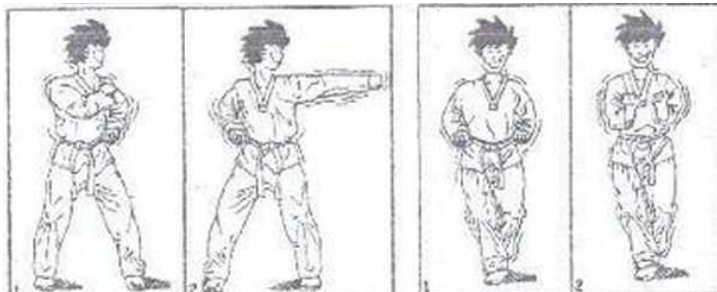
BATANGSON MONTONG AN MAKI



OKGORO ARE MAKI

### SON KISUL GONG KIOK – ATAQUES DE BRAZO

|                           |                             |
|---------------------------|-----------------------------|
| MONTONG BANDE JIRUGUI     | DUNG CHUMOK BAKAT CHIGUI    |
| MONTONG BARO JIRUGUI      | PALKUP DOLLYO CHIGUI        |
| OLGUL BANDE JIRUGUI       | CHEBIPUM MOK CHIGUI         |
| SONNAL AN CHIGUI          | ME CHUMOK NERYYO YOP CHIGUI |
| DUBON MONTONG JIRUGUI     | DOLLYO PALKUP CHIGUI        |
| DU SONNAL AN CHIGUI       | YOP PALKUP CHIGUI           |
| PYONSON KUT SEUO CHIRUGUI | DUNG CHUMOK OLGUL AP CHIGUI |



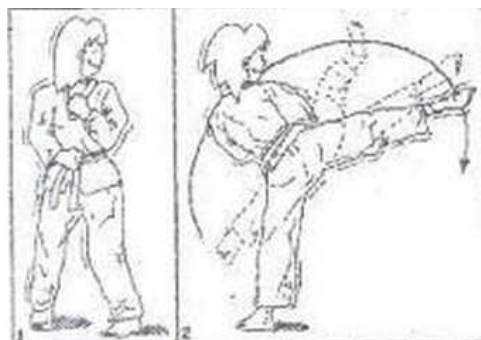
YOP JIRUGUI

DU CHECHO JIRUGUI

### BAL KISUL– TECNICAS DE PIERNA

|                       |                        |
|-----------------------|------------------------|
| AP CHAGUI             | BANDAL CHAGUI          |
| YOP CHAGUI            | DOLLYO CHAGUI          |
| NERYO CHAGUI          | MIRO CHAGUI            |
| NAKO CHAGUI           | MONDOLLYO YOP CHAGUI   |
| TUIO AP CHAGUI        | TUIT CHAGUI            |
| TUIO DOLLYO CHAGUI    | FURIO CHAGUI           |
| MONDOLLYO NAKO CHAGUI | MONDOLLYO FURIO CHAGUI |

|                                      |
|--------------------------------------|
| AP CHAGUI, YOP CHAGUI, DOLLYO CHAGUI |
| BANDAL CHAGUI, MONDOLLYO TUIT CHAGUI |
| AP CHAGUI, NAKO CHAGUI, MIRO CHAGUI  |



MONDOLLYO FURIO CHAGUI

### POOMSAES:

**INFANTIL:** Taeguk Il Chang – Taeguk I Chang – Taeguk Sam Chang – Taeguk Sa Chang – Taeguk Oh Chang (completos)

**ADULTOS:** anteriores más - Taeguk Yuk Chang