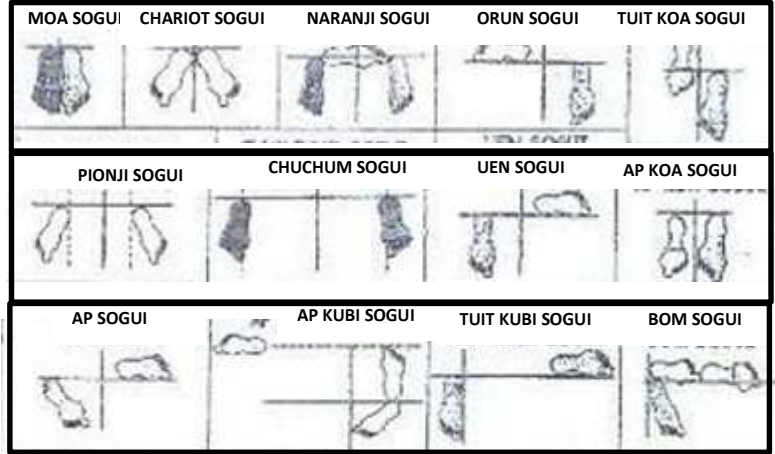


CINTURON MARRON

SOGUI KISUL - POSICIONES

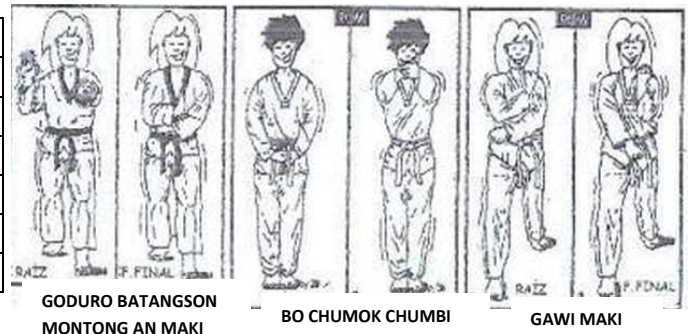


MOM – ZONAS DEL CUERPO

CHUMOK (PUÑO)	SON (MANO)
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)
BALDUNG (EMPEINE)	MURUP (RODILLA) ME CHUMOK (BASE DEL PUÑO)

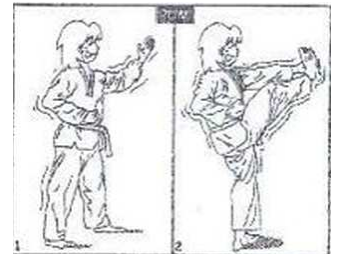
SON KISUL MAKI - DEFENSAS

AN PALMOK MONTONG MAKI	BATANGSON NULO MAKI
MONTONG BAKAT MAKI	OKGORRO ARE MAKI
JANSONNAL MONTONG BAKAT MAKI	GODURO MONTONG MAKI
SONNAL MONTONG MAKI	GODURO ARE MAKI
GECHIO ARE MAKI	SONNAL OKGORRO ARE MAKI
AN PALMOK GECHIO MONTONG MAKI	BITURO JANSONNAL OLGUL MAKI
BATANGSON MONTONG AN MAKI	GAWI MAKI



SON KISUL GONG KIOK – ATAQUES DE BRAZO

MONTONG BANDE JIRUGUI	CHEBIPUM MOK CHIGUI
MONTONG BARO JIRUGUI	ME CHUMOK NERYO YOP CHIGUI
OLGUL BANDE JIRUGUI	YOP JIRUGUI
SONNAL AN CHIGUI	DU CHECHO JIRUGUI
DUBON MONTONG JIRUGUI	MONTONG PIOCHOK PALKUP CHIGUI
DU SONNAL AN CHIGUI	DANGKIO OLLYO MURUP CHIGUI
PYONSON KUT SEUO CHIRUGUI	DANGKIO TOK JIRUGUI
DUNG CHUMOK BAKAT CHIGUI	PALKUP PIOCHOK CHIGUI

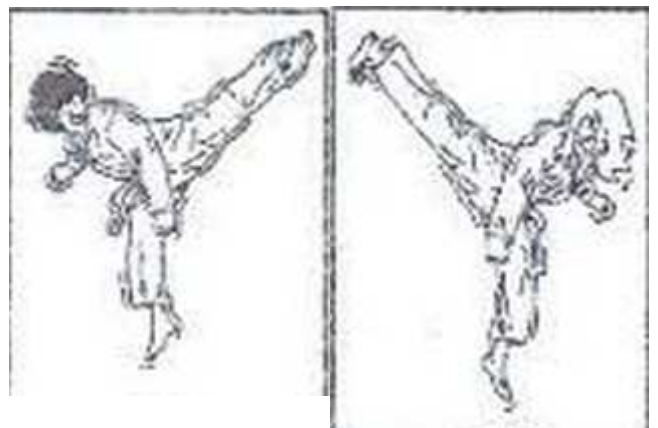


PIOCHOK CHAGUI

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
NAKO CHAGUI, DOLLYO CHAGUI, MONDOLLYO NAKO CHAGUI



TUIO MONDOLLYO YOP CHAGUI

TUIO MONDOLLYO TUIT CHAGUI

POOMSAES: INFANTIL – ADULTOS: Taeguk II Chang – Taeguk I Chang – Taeguk Sam Chang – Taeguk Sa Chang – Taeguk Oh Chang – Taeguk Yuk Chang – Taeguk Chil Chang