

CINTURON NARANJA

MOM – ZONAS DEL CUERPO

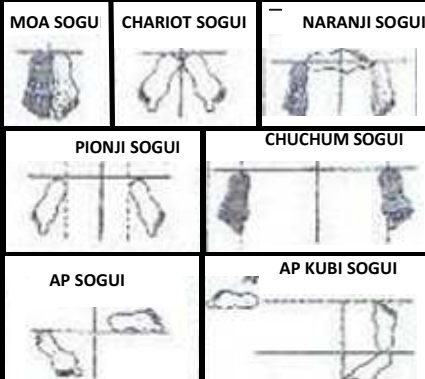
ARE (ABAJO)
MONTONG (MEDIO)
OLGUL (ARRIBA)
CHUMOK (PUÑO)
DUNG CHUMOK (NUDILLOS)
AN PALMOK (PARTE RADIAL DEL BRAZO)
BAKAT PALMOK (PARTE CUBITAL DEL BRAZO)

SON (MANO)



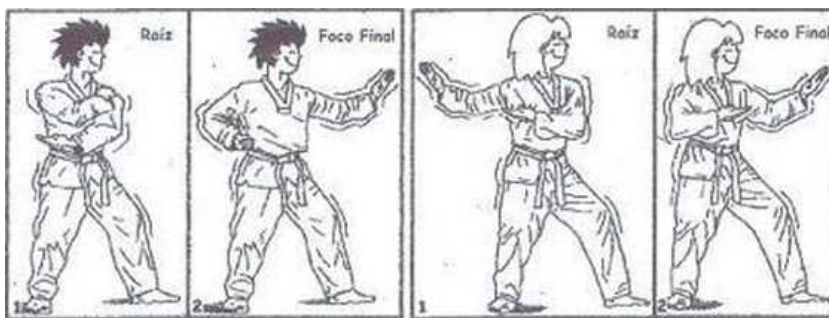
SONNAL

SOGUI KISUL - POSICIONES



SON KISUL MAKI - DEFENSAS

ARE MAKI
MONTONG MAKI
MONTONG AN MAKI
OLGUL MAKI
AN PALMOK MONTONG MAKI
MONTONG BAKAT MAKI



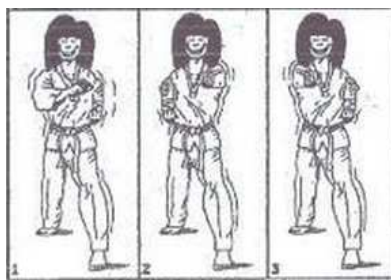
JANSONNAL MONTONG BAKAT MAKI

SONNAL MONTONG MAKI

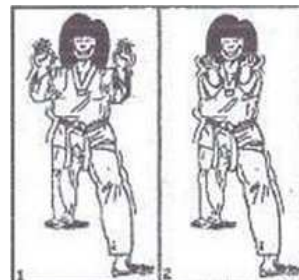
SON KISUL GONG KIOK – ATAQUES DE BRAZO

EN CHUCHUM SOGUI:
- ARE JIRUGUI
- MONTONG JIRUGUI
- OLGUL JIRUGUI

MONTONG BANDE JIRUGUI
MONTONG BARO JIRUGUI
OLGUL BANDE JIRUGUI
SONNAL AN CHIGUI



DUBON MONTONG JIRUGUI



DU SONNAL AN CHIGUI

BAL KISUL– TECNICAS DE PIERNA

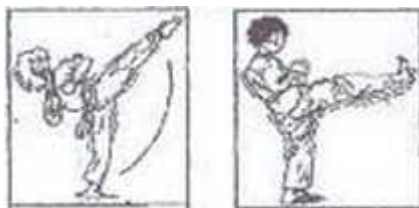


AP CHAGUI

BANDAL
CHAGUI

DOLLIO
CHAGUI

NERYO
CHAGUI

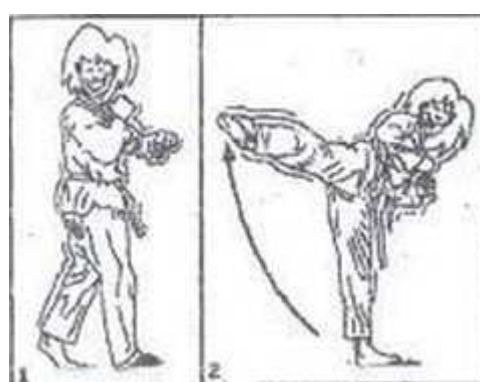


YOP
CHAGUI

MIRO
CHAGUI



NAKO CHAGUI



MONDOLLYO YOP CHAGUI

POOMSAES: INFANTIL: Taeguk Il Chang – Taeguk I Chang (1º y 2º poomsae completos)

ADULTO: Taeguk Il Chang – Taeguk I Chang – Taeguk Sam Chang