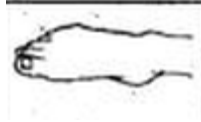


CINTURON NARANJA - VERDE

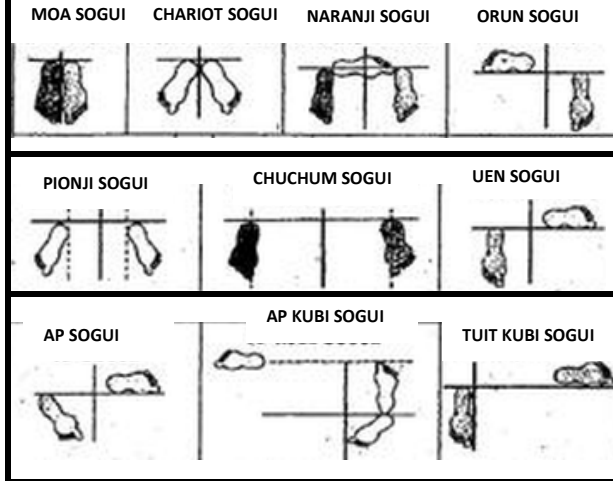
SOGUI KISUL - POSICIONES

MOM – ZONAS DEL CUERPO

ARE (ABAJO)
MONTONG (MEDIO)
OLGUL (ARRIBA)
CHUMOK (PUÑO)
DUNG CHUMOK (NUDILLOS)
BAKAT PALMOK (PARTE CUBITAL DEL BRAZO)
AN PALMOK (PARTE RADIAL DEL BRAZO)
SON (MANO)
SONNAL (CANTO DE LA MANO)



BAL (PIE)

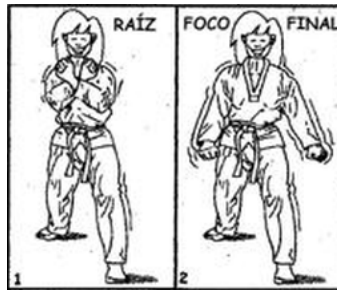


TUIT KOA SOGUI



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



GECHIO ARE MAKI



GECHIO 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



PYONSON KUT SEUO CHIRUGUI



DUNG CHUMOK OLGUL AP CHIGUI

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