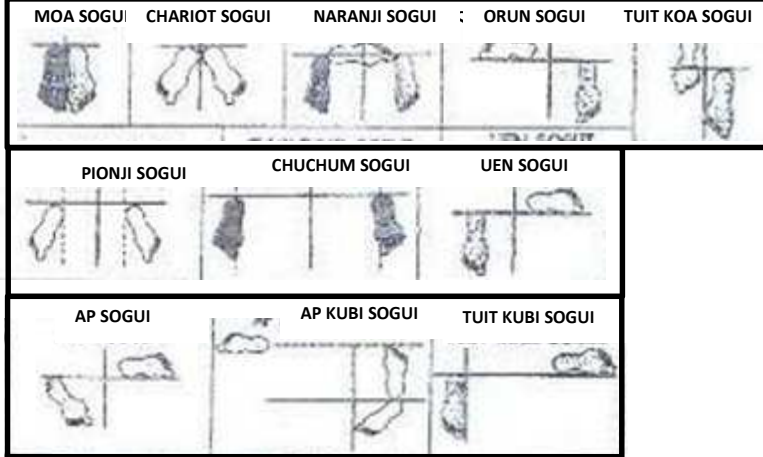


CINTURON VERDE

SOGUI KISUL - POSICIONES

MOM – ZONAS DEL CUERPO

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

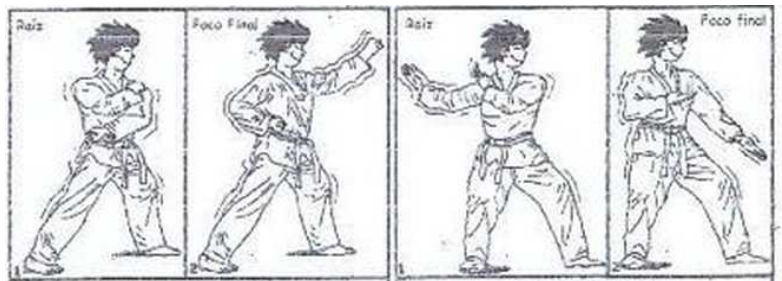


AP KOA SOGUI



SON KISUL MAKI - DEFENSAS

ARE MAKI	JANSONNAL MONTONG BAKAT MAK
MONTONG MAKI	SONNAL MONTONG MAKI
MONTONG AN MAKI	GECHIO ARE MAKI
OLGUL MAKI	GECHIO MONTONG MAKI
AN PALMOK MONTONG MAKI	AN PALMOK GECHIO MONTONG MAKI
MONTONG BAKAT MAKI	

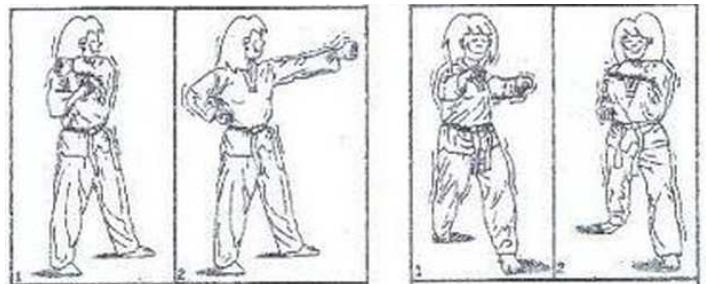


OLGUL BAKAT MAKI

SONNAL ARE MAKI

SON KISUL GONG KIOK – ATAQUES DE BRAZO

EN CHUCHUM SOGUI:	
- ARE JIRUGUI	
- MONTONG JIRUGUI	
- OLGUL JIRUGUI	
MONTONG BANDE JIRUGUI	DU SONNAL AN CHIGUI
MONTONG BARO JIRUGUI	PYONSON KUT SEUO JIRUGUI
OLGUL BANDE JIRUGUI	DUNG CHUMOK OLGUL AP CHIGUI
SONNAL AN CHIGUI	DUNG CHUMOK BAKAT CHIGUI
DUBON MONTONG JIRUGUI	ME CHUMOK NERYO CHIGUI

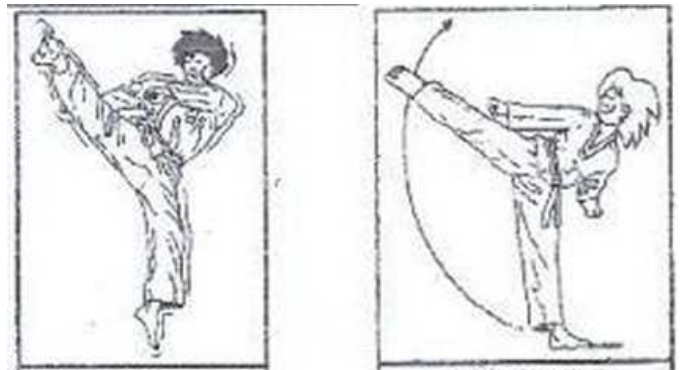


DUNG CHUMOK BAKAT CHIGUI

PALKUP DOLLYO 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



TUIO DOLLYO CHAGUI

FURIO CHAGUI

POOMSAES: INFANTIL: Taeguk Il Chang – Taeguk I Chang – Taeguk Sam Chang (completos)

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