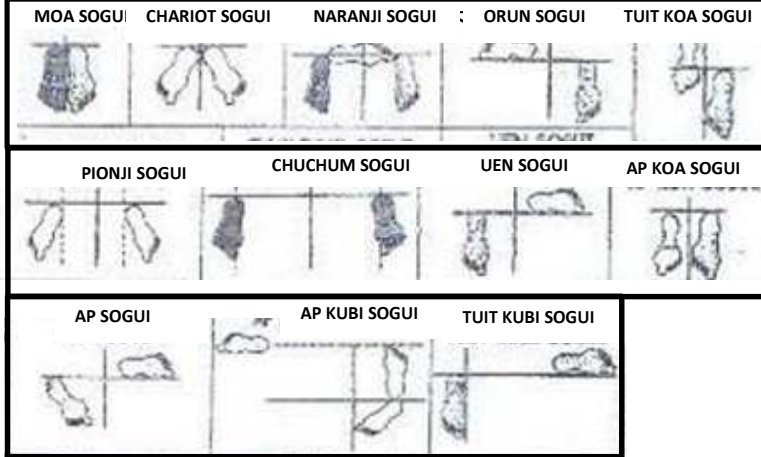


CINTURON VERDE - AZUL

MOM – ZONAS DEL CUERPO

AN PALMOK (PARTE RADIAL DEL BRAZO)	BATANG SON (PALMA 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)
AKUM SON (PARTE DE LA MANO CON LA QUE RODEAMOS EL CUELLO)	TUIT CHUK (TALON)
SONNAL DUNG (LADO OPUESTO AL CANTO DE LA MANO)	

SOGUI KISUL - POSICIONES



SON KISUL MAKI - DEFENSAS

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



NULO MAKI



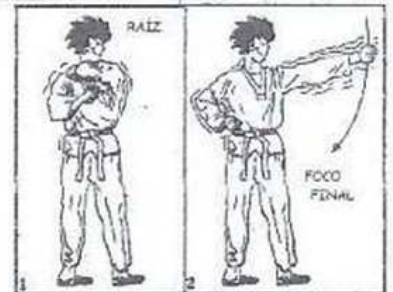
BATANGSON MONTONG MAKI

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	PALKUP DOLLYO CHIGUI



CHEBIPUM MOK CHIGUI



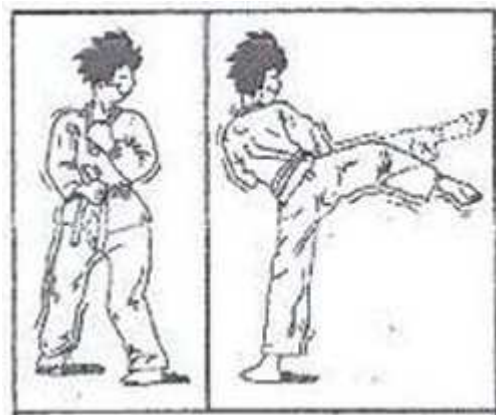
ME CHUMOK NERYO YOP CHIGUI

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

COMBINACIONES

AP CHAGUI, YOP CHAGUI, DOLLYO CHAGUI
BANDAL CHAGUI, MONDOLLYO TUIT CHAGUI



MONDOLLYO NAKO CHAGUI