Kumgang

Nr.10

20b Juchum-sogi Kun-dolcho-gwi

20a 360°Drehung

19 Juchum-sogi Kun-dolcho-gwi

18 Hakdari-sogi Kumgang-makki

17b Juchum-sogi Kundolcho-gwi

17a 360°-Drehung

16 Juchum-sogi Kun-dolcho-gwi

15 Hakdari-sogi Kumgang-makki

25 Hakdari-sogi Kumgang--makki

26 Juchum-sogi Kundolcho-gwi

27a 360° Drehung

27b Juchum-sogi Kundolcho-gwi

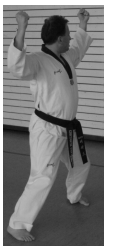
Junbi

8 Hakdari-sogi Kumgang-makki

9 Juchum-sogi Kun-dolchogwi

10a 360° Drehung

10b Juchum-sogi Kun-dolchogwi



14b Juchum-sogi Santul-makki

21a Sewo-an-Chagi tief ausgeführt ohne stampfen

21b Juchum-sogi Santul-makki KIAI

24b Juchum-sogi Santul-makki

24a Sewo-an-chagi Tief ausgeführt Ohne stampfen

1. Ap-gubi An-palmok-hecho-makki

7 Dwit-gubi Sonnal-momtong an-makki

11a Sewo-an-chagi tief ausgeführt ohne Stampfen

14a Sewo-an-chagi tief ausgeführt ohne Stampfen

22a Juchum-sogi An-palmok

22b

23 Pyonhi-sogi Arae-hechyo-makki

2 Ap-gubi Batangson-tokchigi

6 Dwit-gubi Sonnal-momtong-an-makki

11b Santul makki mit KIAI

12a Juchum-sogi An-palmok-hechyo-makki

12b Arme kreuzen

13 Pyonhi-sogi Arae-hecho-makki

3 Ap-gubi Batangson-tok-chigi

5 Dwit-gubi Sonnal-momtong-an-makki

4 Ap-gubi Batangson-tok-chigi

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