

1. Ebene



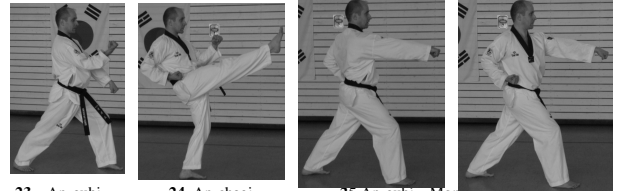
6 Ap-gubi Momtong-dubon-jirugi 5 Ap-chagi 4 Bom-sogi Sonnal-arae-hecho-makki Junbi 1 Bom-sogi Sonnal-arae-hecho-makki 2 Ap-chagi 3 Ap-gubi Momtong-dubon-chirugi



28 Ap-gubi Momtong-dubon-jirugi 27 Ap-chagi 26 Ap-gubi Gawi-makki



6a



23 Ap-gubi Gawi-makki 24 Ap-chagi 25 Ap-gubi Momtong-dubon-jirugi

5 = Ap-gubi Jebipum-sonnal-mok-chigi
 6 a = rechte Hand mit Handfläche nach unten
 6 b = Ap-gubi Momtong-baro-jirugi

7 a = linke Hand mit Handfläche nach unten

7 b = Ap-gubi Momtong-baro-jirugi

8 a = rechte Hand mit Handfläche nach unten

8 b = Ap-gubi Momtong-baro-jirugi mit KIAI



7a

7b



8a

8b



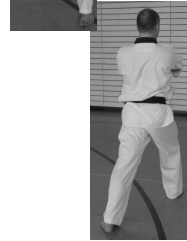
22

22 = Ap-gubi Momtong-banda-jirugi mit KIAI



21

21 Dwit-gubi , Dung-jumok-olgul-bakkat-chigi



20

20 = rechte Hand zum Körper mit Körperdrehung zurückziehen, 180° weiterdrehen

19 = Ap-gubi Pyonsonkut-chirugi

3. Ebene



11 Yop-chagi 10 Hakdari-sogi Jagun-dolcho-gwi 9c Dwit-gubi Yop-jirugi 9b Dwit-gubi Jumok-dangyo tok-jirugi 9a Dwit-gubi Kungang montong-makki



12 Ap-gubi Palkup-pyojok-chigi



13 Moa-sogi



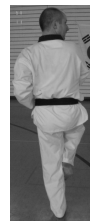
14a Dwit-gubi Kungang-Momtong-Makki



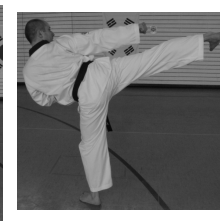
14b Dwit-gubi Jumok-dangyo-tok-jirugi



14c Dwit-gubi Yop-jirugi



15 Hakdari-sogi Jagun-dolcho-gwi



16 Yop-chagi



18 Dwit-gubi Sonnal-momtong makki



17 Ap-gubi Palkup-pyojok-chigi