

Pyongwon

Nr.12



1 Moa-sogi
Gyopson-junbi



2 Pyonhi-sogi
Sonnal-arae-hechyo-
makki



3 Pyonhi-sogi
Tongmilgi



4 Dwit-gubi
Hansonnal-arae-makki



5 Dwit-gubi
Hansonnal-momtong-
makki



6 Ap-gubi
Palkup-ollyo-chigi



7 Ap-chagi



8 Momdolyo-yop-chagi



9 Dwit-gubi
Sonnal-momtong-
makki



20 Momdolyo-yop-chagi



19 Ap-chagi



18 Ap-gubi
Palkup-ollyo-chigi



17 Yop-chagi



16 Hakdari-sogi
Jagun-
dolchogwi



15 Hakdari-sogi
Kumgang-
makki



14 Juchum-sogi
Hechyo-santul-
makki



13 Ap-koa-sogi
Monge-chigi



12b Juchum-sogi
Dung-jumok-
dangyo-tok-chigi



12a Juchum-sogi
Dung-jumok-
dangyo-tok-chigi KIAI



11 Juchum-sogi
Goduro-olgul-
yop-makki



10 Dwit-gubi
Sonnal-arae-
makki



9 Dwit-gubi
Sonnal-momtong-
makki



21 Dwit-gubi
Sonnal-momtong-
makki



22 Dwit-gubi
Sonnal-arae-
makki



23 Juchum-sogi
Goduro-olgul-
yop-makki



24a Juchum-sogi
Dung-jumok-
dangyo-
tok-chigi mit KIAI



24b Juchum-sogi
Dung-jumok-
dangyo-
tok-chigi



25 Ap-koa-sogi
Monge-chigi



26 Juchum-sogi
Hechyo-santul-
makki



27 Hakdari-sogi
Kumgang-
makki



28 Hakdari-sogi
Jagun-dolcho-
gwi



29 Yop-chagi



30 Ap-gubi
Palkup-pyojok-
chigi