



6 Ap-gubi Momtong-baro-jirugi Langsam ausgeführt



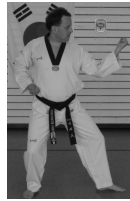
5 Ap-gubi Olgul-makki langsam ausgeführt



4 Dwit-gubi Momtong-bakkat-makki



Junbi



1 Dwit-gubi Momtong-bakkat Makki



2 Ap-gubi Olgul-makki langsam ausgeführt



3 Ap-gubi Momtong-baro-jirugi langsam ausgeführt



28 Dwit-gubi Sonnal-momtong-makki



27 Dwit-gubi Sonnal-arae-makki



8 Dwit-gubi Hansonnal-olgul-makki



7 Ap-gubi arae-makki



24 Ap-gubi Momtong-bandae-jirugi mit KIAI



25 Dwit-gubi Sonnal-arae-makki



26 Dwit-gubi Sonnal-momtong-makki

7 a = Ap-chagi

7 b = Dwit-gubi Sonnal-arae-makki

8 = Dwit-gubi Bakkat-palmok-bakkat-makki langsam ausgeführt

9 a = Ap-chagi

9 b = Dwit-gubi Sonnal-arae-makki

10 = Ap-gubi Olgul-makki langsam



11 = Ap-gubi Kumgang-ap-jirugi (=Olgul-makki+Bandae-jirugi)



12 a = Ap-gubi Momtong-an-makki rechts



12 b = Ap-gubi Momtong-an-makki links



13 = Dwit-gubi Hansonnal-arae-makki



23b



23a



22

23 b = Ap-gubi Momtong-baro-jirugi

23 a = Yop-chagi

22 = Hakdari-sogi Jagun-dolcho-gwi (hier : Ansicht von vorn)



21b



21a

21 b = Hakdari-sogi Arae-Yop-makki

21 a = Yop-chagi



18



19



20

20 = Hakdari-sogi Jagun-dolcho-gwi

19 = Hakdari-sogi Arae-Yop-makki

18 = Juchum-sogi Me-jumok-pyojok-chigi mit KIAI



17



16



15

17 = Juchum-sogi Hansonnal-momtong-Yop-makki

16 = Juchum-sogi Arae-Yop-makki

15 = Juchum-sogi Hwangso-makki



14a



14b



14c

14 b c = Ap-gubi Dubon-jirugi

14 a = Ap-chagi