



Jubi



1 Ap-gubi
Aerae-makki
(links)



2 Ap-gubi
Aerae-makki
(rechts)



3 Ap-gubi
Aerae-makki
(links)



4 Ap-gubi
Aerae-makki
(rechts)



Tora - Drehung



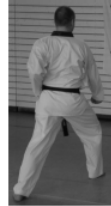
5 Ap-gubi
Aerae-makki
(links)



6 Ap-gubi
Aerae-makki
(rechts)



7 Ap-gubi
Aerae-makki
(links)



8 Ap-gubi
Aerae-makki
(rechts)



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9 Ap-gubi
Arae-makki
(links)



10 Ap-gubi
Momtong-kwon-
jirugi (rechts)



11 Ap-gubi
Momtong-kwon-
jirugi (links)



12 Ap-gubi
Momtong-kwon-
jirugi (rechts)



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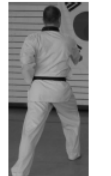
13 Ap-gubi
Arae-makki
(links)



14 Ap-gubi
Momtong-kwon-
jirugi (rechts)



15 Ap-gubi
Momtong-kwon-
jirugi (links)



16 Ap-gubi
Momtong-kwon-
jirugi (rechts)



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17 Ap-gubi
Arae-makki
(links)



vorderes Bein
anziehen
(Bom-soogi)
Arme kreuzen



18 Ap-gubi (links)
Arae-bechyong-
makki



19 Ap-chagi (rechts)



20 Ap-gubi (rechts)
Arae-bechyong-
makki



21 Ap-chagi
(links)



22 Ap-gubi (links)
Arae-bechyong-
makki



23 Ap-chagi
(rechts)



24 Ap-gubi (rechts)
Arae-bechyong-
makki



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25 Ap-gubi (links)
Arae-bechyong-
makki



26 Ap-chagi
(rechts)



27 Ap-gubi (rechts)
Arae-bechyong-
makki



28 Ap-chagi
(links)



29 Ap-gubi (links)
Arae-bechyong-
makki



30 Ap-chagi
(rechts)



31 Ap-gubi (rechts)
Arae-bechyong-
makki



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32 Ap-gubi (links)
Arae-bechyong-
makki



33 Dwit-gubi (rechts)
Bakkat-palmok-
Momtong-makki



34 Dwit-gubi (li.)
Bakkat-palmok-
momtong-makki



35 Dwit-gubi (re.)
Bakkat-palmok-
momtong-makki



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36 Dwit-gubi (li.)
Bakkat-palmok-
momtong-makki



37 Dwit-gubi (rechts)
Bakkat-palmok-
momtong-makki



38 Dwit-gubi (li.)
Bakkat-palmok-
momtong-makki



39 Dwit-gubi (re.)
Bakkat-palmok-
momtong-makki



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40 Dwit-gubi (links)
Bakkat-palmok-
momtong-makki mit KIAI



Jubi