

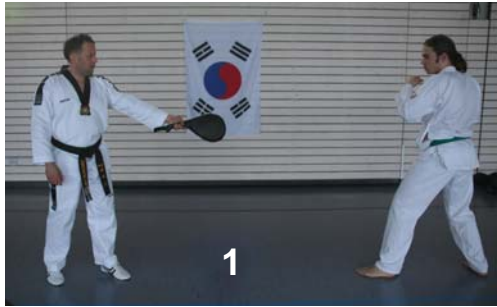


# Tae kwon do - Pratzentechniken



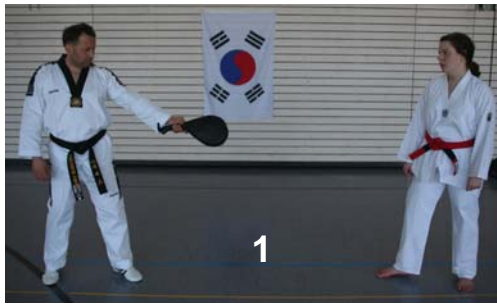
## Pratzentechnik :

Paldum-chagi,  
Paldum-chagi



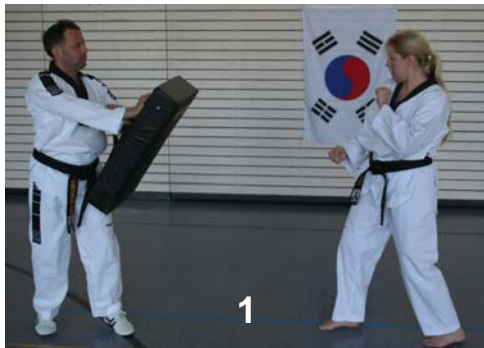
## Pratzentechnik :

Paldum-chagi,  
Dollyo-chagi



## Pratzentechnik :

Ap-chagi,  
Yop-chagi





# Tae kwon do - Pratzentechniken



## Pratzentechnik :

Ap-chagi,  
Dwit-chagi



## Pratzentechnik :

Paldum-chagi,  
Nerio-chagi





# Tae kwon do - Pratzentechniken



## Pratzentechnik :

Paldum-chagi,  
Tora-Twio-Nerio-  
chagi



## Pratzentechnik :

Paldum-chagi,  
Schrittwechsel,  
Tora-Twio-Nerio-  
chagi







# Tae kwon do - Pratzentechniken



## Pratzentechnik :

Dollyo-chagi,

Bandae-Dollyo-Chagi

## Variante dazu:

Twio-Bandae-Dollyo-chagi



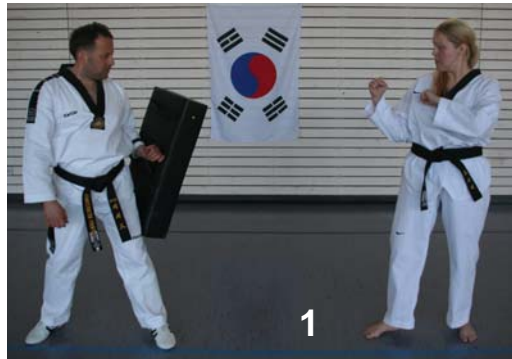


# Tae kwon do - Pratzentechniken



## Pratzentechnik :

### Yop-chagi



## Pratzentechnik :

### Push-Kick

