

start



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22-1

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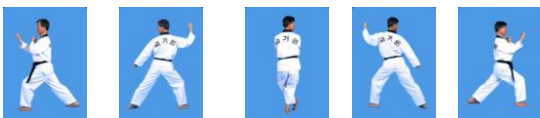
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7-2

7-1

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8-1

8-2

Start	Kibon junbiseogi
1	Oreun dwitkubi, kodureo (momtong) bakkatmakki
2	Wen apkubi, momtong barojireugi
3	Dubal dangsong apchagi (rechts eerst, rechts naar borstbeen, links naar gezicht trappen) <b>Kihap</b>
4	Wen apkubi, momtong anmakki
5-1/5-2	Momtong dubeon jireugi (rechts-links)
6	Oreun apkubi, momtong bandaejireugi
7-1/7-2	Oreun apkubi, wesanteul makki (voeten 45°), wen apkubi, dangkyo teokjireugi
8	Apkoaseogi (linker voet voor)
8-1/8-2	Wen apkubi, wesanteul makki (voeten 45°), oreun apkubi, dangkyo teokjireugi
9	Oreun dwitkeubi, sonnal momtong makki
10	Wen apkubi, momtong barojeurigi
11	Oreunbal apchigi
12	Oreun beomseogi, batangson momtongmakki
13	Wen beomseogi, sonnal momtong makki
14	Wenbal apchagi
15	Wen apkubi, momtong barojireugi
16	Wen beomseogi, batangson momtongmakki
17	Oreun beomseogi, sonnal momtong makki
18	Oreunbal apchagi
19	Oreun apkubi, momtong barojireugi
20	Oreun beomseogi, batangson momtongmakki
21	Wen dwitkeubi, kodureo areamakki (vuisten gesloten)
22-1/22-2	Apchagi (L naar gezicht), twio apchagi (R naar gezicht) <b>Kihap</b>
23-1/23-2/23-3	Oreun apkubi, momtong anmakki, momtong dubeon jireugi
24	Oreun dwitkubi, hanssonal momtong bakkatmakki
24-1/24-2/24-3	Wen apkubi, oreun palkup dollyochigi (gezicht), oreun deungjumeok apchigi (richting neus), momtong bandaejireugi
25	Wen dwitkubi, hanssonal momtong bakkatmakki
25-1/25-2/25-3	Oreun apkubi, wen palkup dollyochigi (gezicht), wen deungjumeok apchigi, momtong bandaejireugi