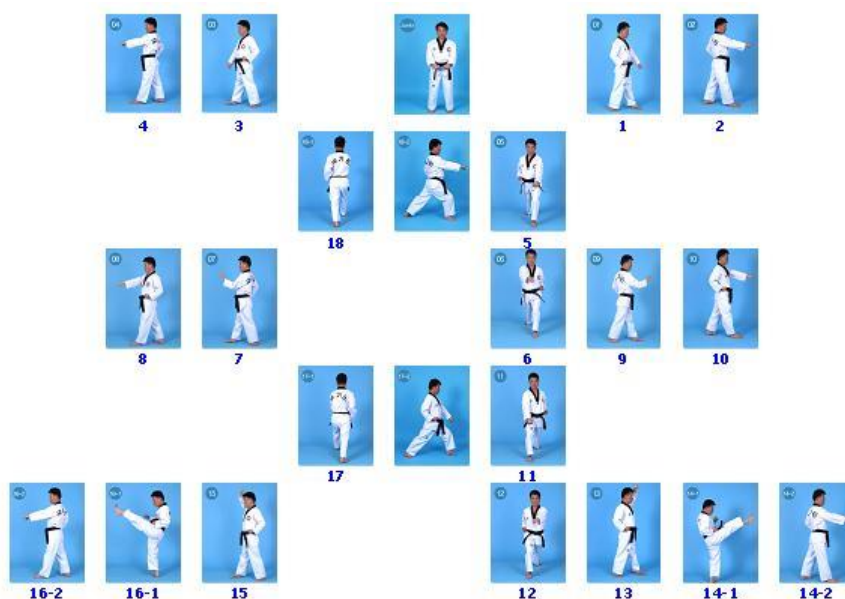


TAEGUK IL JANG (NR. 1)



<b>start</b>	Kibon junbiseogi
1	wen apseogi, araemakki (L)
2	oreun apseogi, momtong bandaejireugi (R)
3	oreun apseogi, araemakki (R)
4	wen apseogi, momtong bandaejireugi (L)
5	wen apkubi, araemakki (L)
6	wen apkubi, momtong barojireugi (R)
7	oreun apseogi, momtong anmakki (L)
8	wen apseogi, momtong barojireugi (R)
9	wen apseogi, momtong anmakki (R)
10	oreun apseogi, momtong barojireugi (L)
11	oreun apkubi, araemakki (R)
12	oreun apkubi, momtong barojireugi (L)
13	wen apseogi, olgulmakki (L)
14-1	oreunbal apchagi met rechts (vuisten voor lichaam)
14-2	oreun apseogi, momtong bandaejireugi (R)
15	oreun apseogi, olgulmakki (R)
16-1	wenbal apchagi met links (vuisten voor lichaam)
16-2	wen apseogi, momtong bandaejireugi (R)
17	wen apkubi, araemakki (L)
18	oreun apkubi, momtong bandaejireugi met rechts ( <b>kihap</b> )
<b>einde</b>	