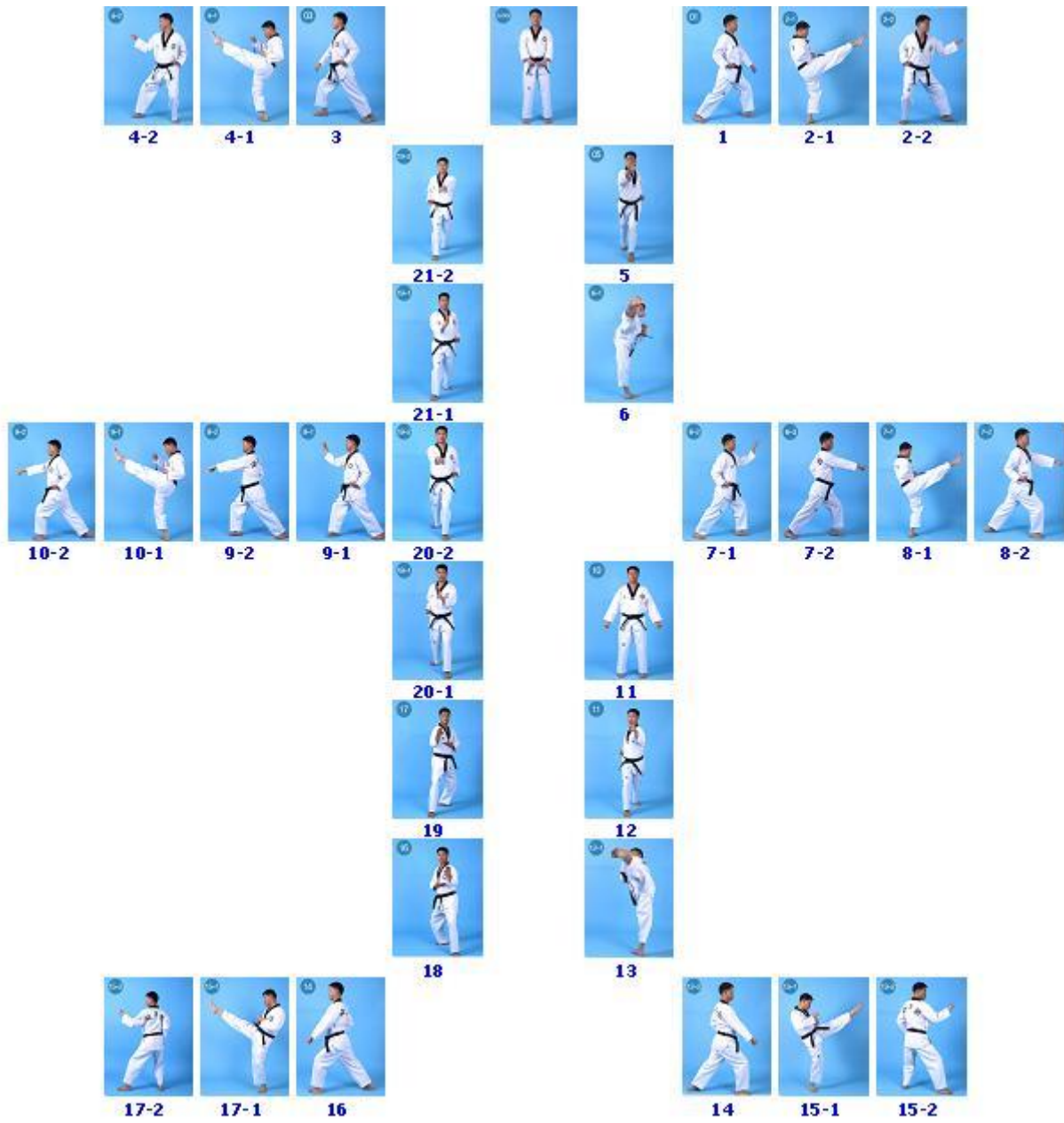


TAEGUK YUK JANG (NR. 6)



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Start	Kibon junbiseogi
1	Wen apkubi, areamakki (L)
2-1/2-2	Oreunbal apchagi, oreun dwitkubi, momtong bakkatmakki (R)
3	Oreun apkubi, areamakki (R)
4-1/4-2	Wenbal apchagi, wen dwitkubi, momtong bakkatmakki (L)
5	Wen apkubi, oreun hanssonal bitureomakki (vingertoppen op neushoogte)
6	Oreunbal olgul dollyochagi (geen Kihap) doorstappen naar long stand
7-1/7-2	Wen apkubi, olgul bakkatmakki (L), momtong barojeurigi (R)
8-1/8-2	Oreunbal apchagi, oreun apkubi, momtong barojeurigi (L)
9-1/9-2	Oreun apkubi, olgul bakkatmakki (R), momtong barojeurigi (L)
10-1/10-2	Wenbal apchagi, wen apkubi, momtong barojeurigi (R)
11	Naranhiseogi, area hechomakki (begin met linker vuist voor) +/- 5 sec.
12	Oreun apkubi, wen hanssonal bitureomakki
13	Wenbal olgul dollyochagi (Kihap)
14	Oreun apkubi, areamakki
15-1/15-2	Wenbal apchagi, wen dwitkubi, momtong bakkatmakki
16	Wen apkubi, areamakki
17-1/17-2	Oreunbal apchagi, oreun dwitkubi, momtong bakkatmakki
18	Oreun dwitkubi, sonnal momtong makki
19	Wen dwitkubi, sonnal momtong makki
20-1/20-2	Wen apkubi, wen batangson momtongmakki, momtong barojeurigi
21-1/21-2	Oreun apkubi, oreun batangson momtongmakki, momtong barojeurigi
Einde	Rechtervoet bijtrekken !