

1. Ebene



4. Pyonhi-sogi
Me-jumok-chigi



3. Ap-gubi
Arae-makki



Junbi



1. Ap-gubi
Arae-makki



Schläge von innen ausgeholt



2. Pyonhi-sogi
Me-jumok-chigi

Ap-gubi
5 a b = 2 x Momtong-an-makki



5b



5a



19a



19b



20a



20b

20b = KIAI

20 b = Koa-sogi Dung-jumok-ape-chigi

20 a = Ap-chagi dann Gleitsprung

19 b = Momtong-an-makki

19 a = Ap-gubi Arae-makki

2. Ebene



16b Ap-gubi
Palkup-pyojok-chigi



16a Yop-chagi



15 Ap-gubi
Olgul-makki



6a



6b



6c

6 a = Ap-chagi (rechts)
6 b = Ap-gubi
Dung-jumok-ape-chigi
6 c = Momtong-an-makki

7 a = Ap-chagi (links)
7 b = Ap-gubi
Dung-jumok-ape-chigi
7 c = Momtong-an-makki



7c



7b



7a



14a



14b

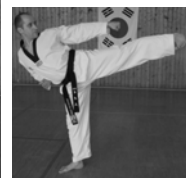


14c

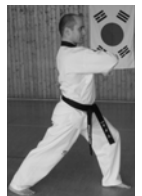
14 a = Ap-chagi (rechts)
14 b = Ap-gubi Arae-makki
14 c = Momtong-an-makki



17 Ap-gubi
Olgul-makki



18a Yop-chagi

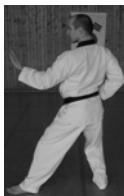


18b Ap-gubi
Palkup-pyojok-chigi

3. Ebene



10 Ap-gubi
Palkup-chigi



9 Dwit-gubi
Hansonnal-makki



8 Ap-gubi
Dung-jumok-ape-chigi



13a

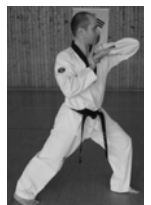


13b

13 a = Ap-gubi Arae-makki
13 b = Momtong-an-makki



11 Dwit-gubi
Hansonnal-makki



12 Ap-gubi
Palkup-chigi

