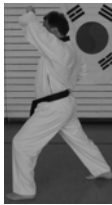


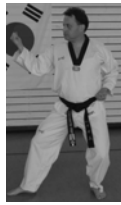
- Nach der aktuellsten Techniküberlieferung durch Großmeister IK-Pil Kang (8.Dan, korean, Bundestrainer und Weltmeister 2006), TA-Poomse Seminar, Feb. 2007, Esslingen -



6 Ap-gubi
Momtong-baro-jirugi
Langsam ausgeführt



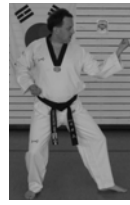
5 Ap-gubi
Olgul-makki
langsam ausgeführt



4 Dwit-gubi
Momtong-bakkat-makki



Junbi



1 Dwit-gubi
Momtong-bakkat
Makki



2 Ap-gubi
Olgul-makki
langsam ausgeführt



3 Ap-gubi
Momtong-baro-jirugi
langsam ausgeführt



28 Dwit-gubi
Sonnal-momtong-
makki



27 Dwit-gubi
Sonnal-arae-makki



8 Dwit-gubi
Hansonnal
olgul-makki



7 Ap-gubi
arae-makki



24 Ap-gubi
Momtong-
bandae-jirugi
mit KIAI



25 Dwit-gubi
Sonnal-arae-
makki



26 Dwit-gubi
Sonnal-momtong-
makki

7 a = Ap-chagi

7 b = Dwit-gubi Sonnal-arae-makki

8 = Dwit-gubi Bakkat-palmok-bakkat-makki
langsam ausgeführt

9 a = Ap-chagi

9 b = Dwit-gubi Sonnal-arae-makki

10 = Ap-gubi Olgul-makki langsam



11 = Ap-gubi Kumgang-ap-jirugi
(=Olgul-makki+Bandaе-jirugi)



12 a = Ap-gubi Momtong-an-makki rechts



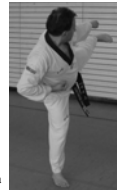
12 b = Ap-gubi Momtong-an-makki links



13 = Dwit-gubi Hansonnal-arae-makki



23b



23a



22

23 b = Ap-gubi Momtong-baro-jirugi

23 a = Yop-chagi

22 = Hakdari-sogi Jagun-dolcho-gwi (hier : Ansicht von vorn)



21b



21a

21 b = Hakdari-sogi Arae-Yop-makki

21 a = Yop-chagi



18



19



20

20 = Hakdari-sogi Jagun-dolcho-gwi

19 = Hakdari-sogi Arae-Yop-makki

18 = Juchum-sogi Me-jumok-pyojok-chigi mit KIAI



17



16



15

17 = Juchum-sogi Hansonnal-momtong-Yop-makki

16 = Juchum-sogi Arae-Yop-makki

15 = Juchum-sogi Hwangso-makki



14a



14b



14c

14 b c = Ap-gubi Dubon-jirugi

14 a = Ap-chagi

