

## Techniques du Taegeuk Ill Jang

Ordre	Position	Action	Action II
<b>Junbi</b>	naranhiseogi	kibon junbiseogi	
<b>1</b>	wen apseogi	arae makki	
<b>2</b>	oreun apseogi	momtong bandaejireugi	
<b>3</b>	oreun apseogi	arae makki	
<b>4</b>	wen apseogi	momtong bandaejireugi	
<b>5</b>	wen apkubi	arae makki	
<b>6</b>	wen apkubi	momtong barojireugi	
<b>7</b>	oreun apseogi	momtong an makki	
<b>8</b>	wen apseogi	momtong barojireugi	
<b>9</b>	wen apseogi	momtong an makki	
<b>10</b>	oreun apseogi	momtong barojireugi	
<b>11</b>	oreun apkubi	arae makki	
<b>12</b>	oreun apkubi	momtong barojireugi	
<b>13</b>	wen apseogi	olgul makki	
<b>14</b>	oreun apseogi	apchagui	momtong bandaejireugi
<b>15</b>	oreun apseogi	olgul makki	
<b>16</b>	wen apseogi	apchagui	momtong bandaejireugi
<b>17</b>	wen apkubi	arae makki	
<b>18</b>	oreun apkubi	momtong bandaejireugi, kihap	
<b>Baro</b>	naranhiseogi	kibon junbiseogi	