

Techniques du Taegeuk Yi Jang

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