

Techniques du Taegeuk Sam Jang

Ordre	Position	Action	Action II	Action III
Junbi	naranhiseogi	kibon junbiseogi		
1	wen apseogi	arae makki		
2	oreun apkubi	apchagui	momtong dubeonjireugi	
3	oreun apseogi	arae makki		
4	wen apkubi	apchagui	momtong dubeonjireugi	
5	wen apseogi	hansonnal mokchigi		
6	oreun apseogi	hansonnal mokchigi		
7	oreun dwitkubi	hansonnal bakkat makki		
8	wen apkubi	momtong barojireugi		
9	wen dwitkubi	hansonnal bakkat makki		
10	oreun apkubi	momtong barojireugi		
11	wen apseogi	momtong an makki		
12	oreun apseogi	momtong an makki		
13	wen apseogi	arae makki		
14	oreun apkubi	apchagui	momtong dubeonjireugi	
15	oreun apseogi	arae makki		
16	wen apkubi	apchagui	momtong dubeonjireugi	
17	wen apseogi	arae makki	momtong barojireugi	
18	oreun apseogi	arae makki	momtong barojireugi	
19	wen apseogi	apchagui	arae makki	momtong barojireugi
20	oreun apseogi	apchagui	arae makki	momtong barojireugi, kihap
Baro	naranhiseogi	kibon junbiseogi		