

Techniques du Taegeuk Sa Jang

Ordre	Position	Action	Action II
Junbi	naranhiseogi	kibon junbiseogi	
1	oreun dwitkubi	sonnal makki	
2	oreun apkubi	pyonsonkkeut sewotzireugi	
3	wen dwitkubi	sonnal makki	
4	wen apkubi	pyonsonkkeut sewotzireugi	
5	wen apkubi	jebi poom mokchigi	
6	oreun apkubi	apchagi	momtong barojireugi
7	wen apseogi	yopchagi	yopchagi
8	wen dwitkubi	sonnal makki	
9	oreun dwitkubi	momtong bakkat makki	
10	oreun dwitkubi	apchagi	momtong an makki
11	wen dwitkubi	momtong bakkat makki	
12	wen dwitkubi	apchagi	momtong an makki
13	wen apkubi	jebi poom mokchigi	
14	oreun apkubi	apchagi	deungjumeok apchigi
15	wen apseogi	momtong makki	
16	wen apseogi	momtong barojireugi	
17	oreun apseogi	momtong makki	
18	oreun apseogi	momtong barojireugi	
19	wen apkubi	momtong makki	momtong dubeonjireugi
20	oreun apkubi	momtong makki	momtong dubeonjireugi, kihap
Baro	naranhiseogi	kibon junbiseogi	