

Techniques du Taegeuk Oh Jang

Ordre	Position	Action	Action II	Action III
Junbi	naranhiseogi	kibon junbiseogi		
1	wen apkubi	arae makki		
2	wen seogi	mejumeok naeryochigi		
3	oreun apkubi	arae makki		
4	oreun seogi	mejumeok naeryochigi		
5	wen apkubi	momtong makki	momtong an makki	
6	oreun apkubi	apchagi	deungjumeok apchigi	momtong an makki
7	wen apkubi	apchagi	deungjumeok apchigi	momtong an makki
8	oreun apkubi	deungjumeok apchigi		
9	oreun dwitkubi	hansonnal bakkat makki		
10	oreun apkubi	palkup dollyochigi		
11	wen dwitkubi	hansonnal bakkat makki		
12	wen apkubi	palkup dollyochigi		
13	wen apkubi	arae makki	momtong an makki	
14	oreun apkubi	apchagi	arae makki	momtong an makki
15	wen apkubi	olgul makki		
16	oreun apkubi	yopchagi	palkup pyojeokchigi	
17	oreun apkubi	olgul makki		
18	wen apkubi	yopchagi	palkup pyojeokchigi	
19	wen apkubi	arae makki	momtong an makki	
20	dwikkoaseogi	apchagi	deungjumeok apchigi, kihap	
Baro	naranhiseogi	kibon junbiseogi		