

## Techniques du Taegeuk Youk Jang

Ordre	Position	Action	Action II	Action III
<b>Junbi</b>	naranhiseogi	kibon junbiseogi		
1	wen apkubi	arae makki		
2	oreun dwitkubi	apchagi	momtong bakkat makki	
3	oreun apkubi	arae makki		
4	wen dwitkubi	apchagi	momtong bakkat makki	
5	wen apkubi	hansonnal olgul bitureo makki		
6	wen apkubi	dollyochagi	olgul bakkat makki	momtong barojireugi
7	oreun apkubi	apchagi	momtong barojireugi	
8	oreun apkubi	olgul bakkat makki	momtong barojireugi	
9	wen apkubi	apchagi	momtong barojireugi	
10	naranhiseogi	arae hecho makki		
11	oreun apkubi	hansonnal olgul bitureo makki		
12	oreun apkubi	dollyochagi, kihap	arae makki	
13	wen dwitkubi	apchagi	momtong bakkat makki	
14	wen apkubi	arae makki		
15	oreun dwitkubi	apchagi	momtong bakkat makki	
16	oreun dwitkubi	sonnal makki		
17	wen dwitkubi	sonnal makki		
18	wen apkubi	batangson momtong makki	momtong barojireugi	
19	oreun apkubi	batangson momtong makki	momtong barojireugi	
<b>Baro</b>	naranhiseogi	kibon junbiseogi		