

## Techniques du Taegeuk Tchil Jang

Ordre	Position	Action	Action II
<b>Junbi</b>	naranhiseogi	kibon junbiseogi	
1	wen beomseogi	batangson momtong an makki	
2	wen beomseogi	apchagi	momtong makki
3	oreun beomseogi	batangson momtong an makki	
4	oreun beomseogi	apchagi	momtong makki
5	oreun dwitkubi	sonnal arae makki	
6	wen dwitkubi	sonnal arae makki	
7	wen beomseogi	batangson momtong kodureo an makki	
8	wen beomseogi	deungjumeok apchigi	
9	oreun beomseogi	batangson momtong kodureo an makki	
10	oreun beomseogi	deungjumeok apchigi	
11	moaseogi	bojumok	
12	wen apkubi	bandae kawimakki	baro kawimakki
13	oreun apkubi	bandae kawimakki	baro kawimakki
14	wen apkubi	momtong hecho makki	
15	dwikkoaseogi	mureupchigi	jeochojireugi
16	oreun apkubi	arae otgoreo makki	
17	oreun apkubi	momtong hecho makki	
18	dwikkoaseogi	mureupchigi	jeochojireugi
19	wen apkubi	arae otgoreo makki	
20	wen apseogi	deungjumeok bakkatchigi	
21	juchum seogi	pyojeokchagi	palkup pyojeokchigi
22	oreun apseogi	deungjumeok bakkatchigi	
23	juchum seogi	pyojeokchagi	palkup pyojeokchigi
24	juchum seogi	hansonnal yop makki	
25	juchum seogi	momtong yopjireugi	
<b>Baro</b>	naranhiseogi	kibon junbiseogi	