

Techniques du Taegeuk Pal Jang

Ordre	Position	Action	Action II	Action III
Junbi	naranhiseogi	kibon junbiseogi		
1	oreun dwitkubi	kodureo bakkat makki		
2	wen apkubi	momtong barojireugi		
3	wen apkubi	dangseong apchagi, kihap	momtong makki	momtong dubeonjireugi
4	oreun apkubi	momtong bandaejireugi		
5	oreun apkubi	wesanteul makki		
6	wen apkubi	dangkyo teokjireugi		
7 a)	apkkoasoegi			
7 b)	wen apkubi	wesanteul makki		
8	oreun apkubi	dangkyo teokjireugi		
9	oreun dwitkubi	sonnal makki		
10	wen apkubi	momtong barojireugi		
11 a)	wen apseogi	apchagi		
11 b)	oreun apseogi			
11 c)	oreun beomseogi	batangson momtong makki		
12	wen beomseogi	sonnal makki		
13	wen apkubi	apchagi	momtong barojireugi	
14	wen beomseogi	batangson momtong makki		
15	oreun beomseogi	sonnal makki		
16	oreun apkubi	apchagi	momtong barojireugi	
17	oreun beomseogi	batangson momtong makki		
18	wen dwitkubi	arae kodureo makki		
19	oreun apkubi	apchagi + apchagi, kihap	momtong makki	dubeonjireugi
20	oreun dwitkubi	hansonnal bakkat makki		
21	wen apkubi	oreun palkup dollyochigi		
22	wen apkubi	deungjumeok apchigi		
23	wen apkubi	momtong bandaejireugi		
24	wen dwitkubi	hansonnal bakkat makki		
25	oreun apkubi	wen palkup dollyochigi		
26	oreun apkubi	deungjumeok apchigi		
27	oreun apkubi	momtong bandaejireugi		
Baro	naranhiseogi	kibon junbiseogi		