

Taegeuk II Jang (1)

	Stellung	Technik
Junbi	naranhiseogi	gibon junbiseogi
1	wen apseogi	araemakki
2	oreun apseogi	momtong bandaejireugi
3	oreun apseogi	araemakki
4	wen apseogi	momtong bandaejireugi
5	wen apkubi	araemakki
6	wen apkubi	momtong bandaejireugi
7	oreun apseogi	momtong anmakki
8	wen apseogi	momtong bandaejireugi
9	wen apseogi	momtong anmakki
10	oreun apseogi	momtong bandaejireugi
11	oreun apkubii	araemakki
12	oreun apkubii	momtong barojireugi
13	wen apseogi	olgulmakki
14	oreun apseogi	momtong bandaejireugi
15	oreun apseogi	olgulmakki
16	wen apseogi	momtong bandaejireugi
17	wen apkubi	araemakki
18	oreun apkubii	momtong bandaejireugi "kihap"
Baro	naranhiseogi	gibon junbiseogi

Taegeuk Il Jang (2)

Stellung		Technik
Junbi	naranhiseogi	kibon junbiseogi
1	wen apseogi	araemakki
2	oreun apkubii	momtong bandaejireugi
3	oreun apseogi	araemakki
4	wen apkubi	momtong bandaejireugi
5	wen apseogi	momtong anmakki
6	oreun apseogi	momtong anmakki
7	wen apseogi	araemakki
8	oreun apkubii	olgul bandaejireugi
9	oreun apseogi	araemakki
10	wen apkubi	olgul bandaejireugi
11	wen apseogi	olgulmakki
12	oreun apseogi	olgulmakki
13	wen apseogi	momtong anmakki
14	oreun apseogi	momtong anmakki
15	wen apseogi	araemakki
16	oreun apseogi	momtong bandaejireugi
17	wen apseogi	momtong bandaejireugi
18	oreun apseogi	momtong bandaejireugi "kihap"
Baro	naranhiseogi	kibon junbiseogi

Taegeuk Sam Jang (3)

	Stellung	Technik
Junbi	naranhiseogi	kibon junbiseogi
1	wen apseogi	araemakki
2	oreun apkubii	momtong dubeonjireugi
3	oreun apseogi	araemakki
4	wen apkubi	momtong dubeonjireugi
5	wen apseogi	hansonnal mokchigi
6	oreun apseogi	hansonnal mokchigi
7	oreun dwitkubi	hansonnal momtong bakkatmakki
8	wen apkubi	momtong barojireugi
9	wen dwitkubi	hansonnal momtong bakkatmakki
10	oreun apkubi	momtong barojireugi
11	wen apseogi	momtong anmakki
12	oreun apseogi	momtong anmakki
13	wen apseogi	araemakki
14	oreun apkubii	momtong dubeonjireugi
15	oreun apseogi	araemakki
16	wen apkubi	momtong dubeonjireugi
17	wen apseogi	momtong barojireugi
18	oreun apseogi	momtong barojireugi
19	wen apseogi	momtong barojireugi
20	oreun apseogi	momtong barojireugi "Kihap"
Baro	naranhiseogi	kibon junbiseogi

Taegeuk Sa Jang (4)

	Stellung	Technik
Junbi	naranhiseogi	kibon junbiseogi
1	oreun dwitkubi	sonnal momtongmakki
2	oreun apkubii	pyonsonkkeut sewotzireugi
3	wen dwitkubi	sonnal momtongmakki
4	wen apkubi	pyonsonkkeut sewotzireugi
5	wen apkubi	jebi poom mokchigi
6	oreun apkubii	momtong barojireugi
8	wen dwitkubi	sonnal momtongmakki
9	oreun dwitkubi	momtong bakkatmakki
10	oreun dwitkubi	momtong anmakki
11	wen dwitkubi	momtong bakkatmakki
12	wen dwitkubi	momtong anmakki
13	wen apkubi	jebi poom mokchigi
14	oreun apkubii	deungjumeok olgul apchigi
15	wen apseogi	momtongmakki
16	wen apseogi	momtong barojireugi
17	oreun apseogi	momtongmakki
18	oreun apseogi	momtong barojireugi
19	wen apkubi	momtong dubeonjireugi
20	oreun apkubi	momtong dubeonjireugi
Baro	naranhiseogi	kibon junbiseogi

Taegeuk Oh Jang (5)

	Stellung	Technik
Junbi	naranhiseogi	kibon junbiseogi
1	wen apkubi	araemakki
2	wen seogi	mejumeok naeryochigi
3	oreun apkubii	araemakki
4	oreun seogi	mejumeok naeryochigi
5	wen apkubi	momtong anmakki
6	oreun apkubii	momtong anmakki
7	wen apkubi	momtong anmakki
8	oreun apkubii	deungjumeok apchigi
9	oreun dwitkubi	hansonnal bakkatmakki
10	oreun apkubii	palkup dollyochigi
11	wen dwitkubi	hansonnal bakkatmakki
12	wen apkubi	palkup dollyochigi
13	wen apkubi	momtong anmakki
14	oreun apkubii	momtong anmakki
15	wen apkubi	olgulmakki
16	oreun apkubii	palkup pyojeokchigi
17	oreun apkubi	olgulmakki
18	wen apkubi	palkup pyojeokchigi
19	wen apkubi	momtong anmakki
20	dwikkoaseogi	momtong dubeonjireugi "Kihap"
Baro	naranhiseogi	kibon junbiseogi

Taegeuk Yuk Jang (6)

	Stellung	Technik
1	wen apkubi	araemakki
2	oreun dwitkubi	momtong bakkatmakki
3	oreun apkubii	araemakki
4	wen apkubi	momtong bakkatmakki
5	wen apkubi	hansonnal olgul bitureomakki
6	wen apkubi	momtong barojireugi
7	oreun apkubii	momtong barojireugi
8	oreun apkubii	momtong barojireugi
9	wen apkubi	momtong barojireugi
10	naranhiseogi	arae hechomakki
11	oreun apkubii	hansonnal olgul bitureomakki
12	oreun apkubii	araemakki
13	wen dwitkubi	momtong bakkatmakki
14	wen apkubi	araemakki
15	oreun dwitkubi	momtong bakkatmakki
16	oreun dwitkubi	sonnal momtongmakki
17	wen dwitkubi	sonnal momtongmakki
18	wen apkubi	momtong barojireugi
19	oreun apkubii	momtong barojireugi
Baro	naranhiseogi	kibon junbiseogi

Taegeuk Chil Jang (7)

	Stellung	Technik
1	wen beomseogi	batangson momtong anmakki
2	wen beomseogi	momtongmakki
3	oreun beomseogi	batangson momtong anmakki
4	oreun beomseogi	momtongmakki
5	oreun dwitkubi	sonnal araemakki
6	wen dwitkubi	sonnal araemakki
7	wen beomseogi	batangson momtong kodureo anmakki
8	wen beomseogi	deungjumeok olgulapchigi
9	oreun beomseogi	batangson momtong kodureo anmakki
10	oreun beomseogi	deungjumeok olgulapchigi
11	moaseogi	bojumeok
12	wen apkubi	kawimakki
13	oreun apkubii	kawimakki
14	wen apkubi	momtong hechomakki
15	dwikkoaseogi	jeochojireugi
16	oreun apkubii	arae otgoreo makki
17	oreun apkubii	momtong hechomakki
18	dwikkoaseogi	jeochojireugi
19	wen apkubi	arae otgoreo makki
20	wen apseogi	deungjumeok bakkatchigi
21	juchumseogi	palkup pyojeokchigi
22	oreun apseogi	deungjumeok bakkatchigi
23	juchumseogi	palkup pyojeokchigi
24	juchumseogi	hansonnal yopmakki
25	juchumseogi	momtong yopjireugi, "kihap"
Baro	naranhiseogi	kibon junbiseogi

Taegeuk Pal Jang (8)

	Stellung	Technik
1	oreun dwitkubi	kodureo bakkatmakki
2	wen apkubi	momtong barojireugi
3	wen apkubi	momtong dubeonjireugi
4	oreun apkubii	momtong bandaejireugi
5	oreun apkubii	wesanteulmakki
6	wen apkubi	dangkyo teokjireugi
7	wen apkubi	wesanteulmakki
8	oreun apkubii	dangkyo teokjireugi
9	oreun dwitkubi	sonnalmakki
10	wen apkubi	momtong barojireugi
11	oreun beomseogi	batangson momtongmakki
12	wen beomseogi	sonnalmakki
13	wen apkubi	momtong bandaejireugi
14	wen beomseogi	batangson momtongmakki
15	oreun beomseogi	sonnal momtongmakki
16	oreun apkubii	momtong barojireugi
17	oreun beomseogi	batangson momtongmakki
18	wen dwitkubi	arae kodureo makki
19	oreun apkubii	momtong dubeonjireugi
20	oreun dwitkubi	hansonnal momtong bakkatmakki
21	wen apkubi	oreunpalkup dollyochigi
22	wen apkubi	deungjumeok apchigi
23	wen apkubi	momtong bandaejireugi
24	wen dwitkubi	hansonnal momtong bakkatmakki
25	oreun apkubii	wenpalkup dollyochigi
26	oreun apkubii	deungjumeok apchigi
27	oreun apkubii	momtong bandaejireugi
Baro	naranhiseogi	kibon junbiseogi