

Taegeuk Il jang

	Joonbi	
1.	Oen ap seogi	arae makki
2.	Oreun ap seogi	momtong bandae jireugi
3.	Oreun ap seogi	arae makki
4.	Oen ap seogi	momtong bandae jireugi
5. A	Oen ap koobi	arae makki
5. B	Oen ap koobi	momtong baro jireugi
6.	Oreun ap seogi	momtong an makki
7.	Oen ap seogi	momtong baro jireugi
8.	Oen ap seogi	momtong an makki
9.	Oreun ap seogi	momtong baro jireugi
10. A	Oreun ap koobi	arae makki
10. B	Oreun ap koobi	momtong baro jireugi
11.	Oen ap seogi	eolgool makki
12. A	Oreun ap seogi	apchagi
12. B	Oreun ap seogi	momtong bandae jireugi
13.	Oreun ap seogi	eolgool makki
14. A	Oen ap seogi	apchagi
14. B	Oen ap seogi	momtong bandae jireugi
15.	Oen ap koobi	arae makki
16.	Oreun ap koobi	momtong bandae jireugi (ki hap)
	Joonbi (linkse voet bijtrekken)	

