

“TAEGUEK IL JANG 1”

TO UNDERSTAND THE BEGINNING OF ORIGIN- THE WHOLE UNIVERSE

(18 motions, 2 kicks, 9 punches, 1 Ki-Up)

STANCE

MOVEMENT

- | | |
|--------------|-------------------------------|
| 1. Ap seogi | Arae Makki |
| 2. Ap seogi | Momtong Bandae Jireugi |
| 3. Ap seogi | Arae Makki |
| 4. Ap seogi | Momtong Bandae Jireugi |
| 5. Ap koobi | Arae Makki |
| 6. | Momtong Baro Jireugi |
| 7. Ap seogi | Palmok Momtong Makki |
| 8. Ap seogi | Momtong Baro Jireugi |
| 9. Ap seogi | Palmok Momtong Makki |
| 10. Ap seogi | Momtong Baro Jireugi |
| 11. Ap koobi | Arae Makki |
| 12. | Momtong Baro Jireugi |
| 13. Ap seogi | Eolgool Makki |
| 14a | Ap Chagi |
| 14b Ap seogi | Momtong Bandae Jireugi |
| 15. Ap seogi | Eolgool Makki |
| 16a | Ap Chagi |
| 16b Ap seogi | Momtong Bandae Jireugi |
| 17. Ap koobi | Arae Makki |
| 18. Ap koobi | Moomtong Bandae Jireugi KI-UP |