

## “TAEGUEK OH JANG 5”

### WIND, BREEZE AND STRONG WIND (20 Motions, 6 Kicks, 0 Punches, 2 Ki-Up)

STANCE	MOVEMENTS
1. Ap koobi	Arae Makki
2. Pyeonhi seogi	Mok Joomeok
3. Ap koobi	Arae Makki
4. Pyeonhi seogi	Mok Joomeok
5a. Ap koobi	Palmok Momtong Makki
5b.	Deung Joomeok
6a.	Ap Chagi
6b. Ap koobi	Palmok Momtong Makki
6c.	Deung Joomeok
7a.	Ap Chagi
7b. Ap koobi	Palmok Momtong Makki
7c.	Deung Joomeok KI-UP
8. Ap koobi	Deung Joomeok
9. Dwit koobi	Hansonnal Momtong Chigi
10. Ap koobi	Palkoop Momtong Chigi
11. Dwit koobi	Hansonnal Momtong Makki
12. Ap koobi	Arae Makki
13a. Ap koobi	Arae Makki
13b.	Palmok Momtong Makki
14a.	Ap Chagi
14b. Ap koobi	Arae Makki
14c.	Palkoop Momtong Makki
15. Ap koobi	Eolgool Makki
16a.	Yeop Chagi
16b. Ap koobi	Palkoop Momtong Pyo Jeok Chigi
17. Ap koobi	Eolgool Makki
18a.	Yeop Chagi
18b. Ap koobi	Palkoop Momtong Pyo Jeok Chigi
19a. Ap koobi	Arae Makki
19b.	Palmok Momtong Makki
20a.	Ap Chagi
20b. Koa seogi	Deung Joomeok KI-UP

