



Taekwondo Academy Ge-We

Wellen Kortessem Montenaken

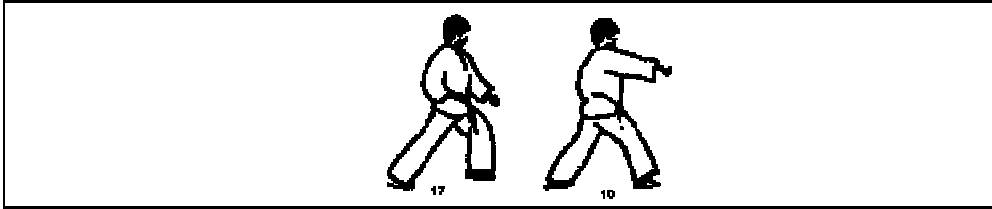
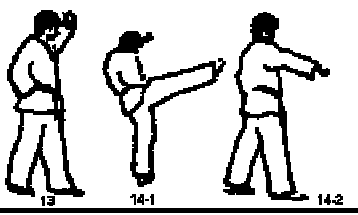
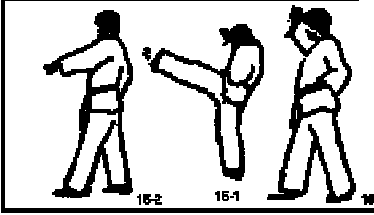
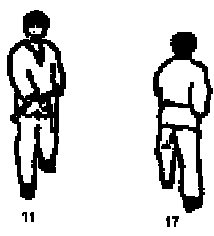
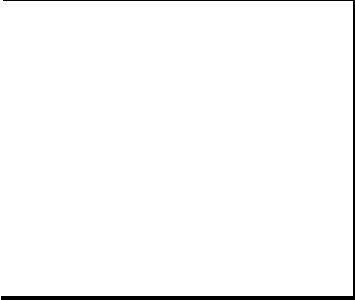
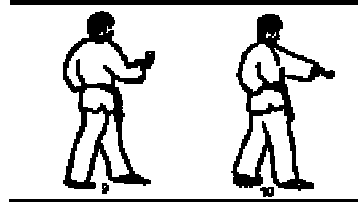
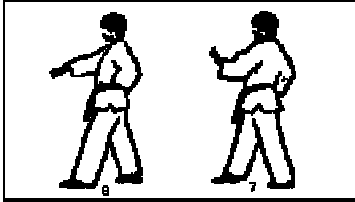
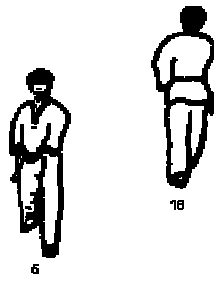
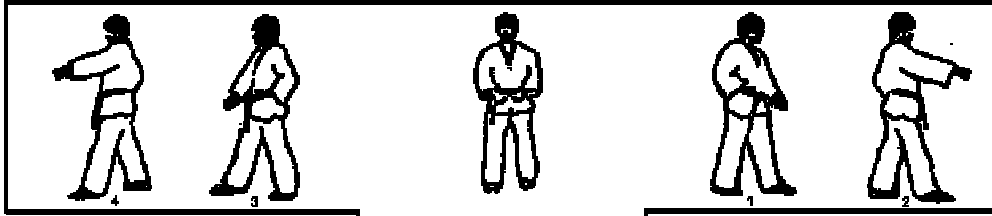
Bruno Graziano 5 Dan

Taegeuk 1 - Il Jang

Choenbi

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. Oen ap koebi - Arae makki
6. Oen ap koebi - Momtong bandae jireugi
7. Oreun ap seogi - Momtong an makki
8. Oen ap seogi - Momtong bandae jireugi
9. Oen ap seogi - Momtong an makki
10. Oreunapseogi - Momtong bandae jireugi
11. Oreun ap koebi - Arae makki
12. Oreun ap koebi - Momtong bandae jireugi
13. Oen ap seogi - Eolgoel makki
14. Oreun ap seogi - Momtong bandae jireugi
15. Oreun ap seogi - Eolgoel makki
16. Oen ap seogi - Momtong bandae jireugi
17. Oen ap koebi - Arae makki
18. Oreun ap koebi - Momtong bandae jireugi (ki hap)

TAEGEUK 1 CHANG

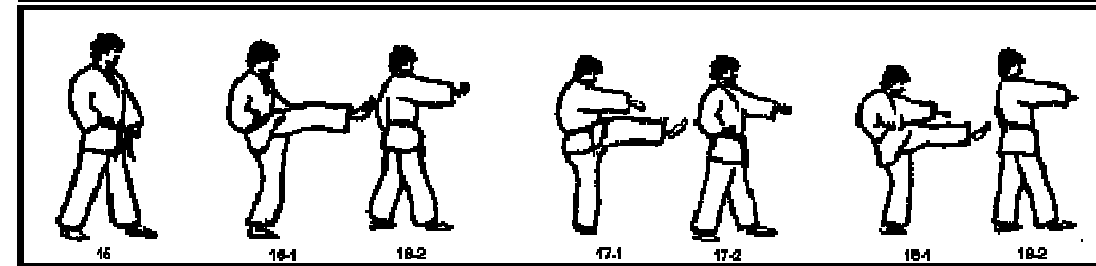
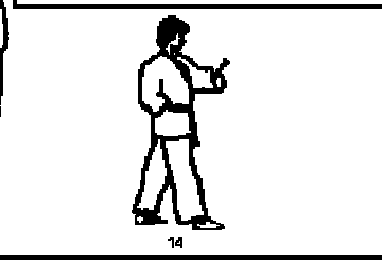
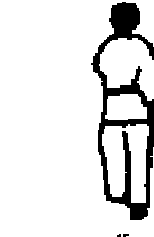
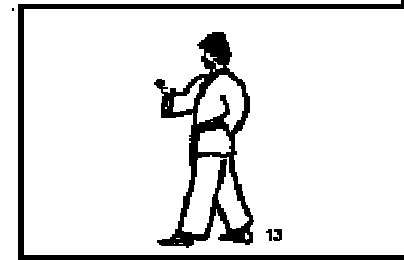
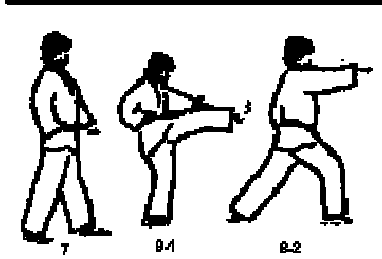
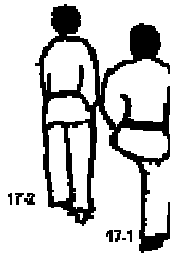
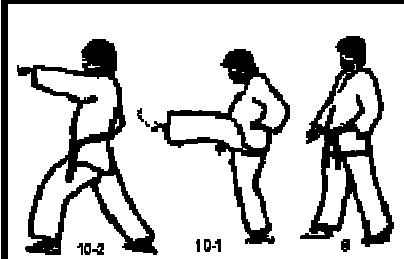
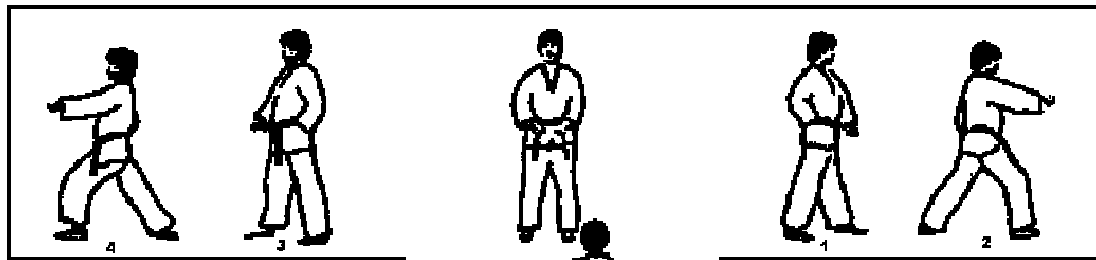


Taegeuk 2 - I Jang

Choenbi

1. Oen ap seogi - Arae makki
2. Oreun ap koebi - Momtong bandae jireugi
3. Oreun ap seogi - Arae makki
4. Oen ap koebi - Momtong bandae jireugi
5. Oen ap seogi - Momtong an makki
6. Oreun ap seogi - Momtong an makki
7. Oen ap seogi - Arae makki
8. Oreun ap koebi - Oreunbal apchagi eolgoel bandae jireugi
9. Oreun ap seogi - Arae makki
10. Oen ap koebi - Oenbal apchagi eolgoel bandae jireugi
11. Oen ap seogi - Eolgoel makki
12. Oreun ap seogi - Eolgoel makki
13. Oen ap seogi - Momtong an makki
14. Oreun ap seogi - Momtong an makki
15. Oen ap seogi - Arae makki
16. Oreun ap seogi - Oreunbal apchagi momtong bandae jireugi
17. Oen ap seogi - Oenbal apchagi momtong bandae jireugi
18. Oreun ap seogi - Oreunbal apchagi momtong bandae jireugi (ki hap)

Taegeuk 2 Chang

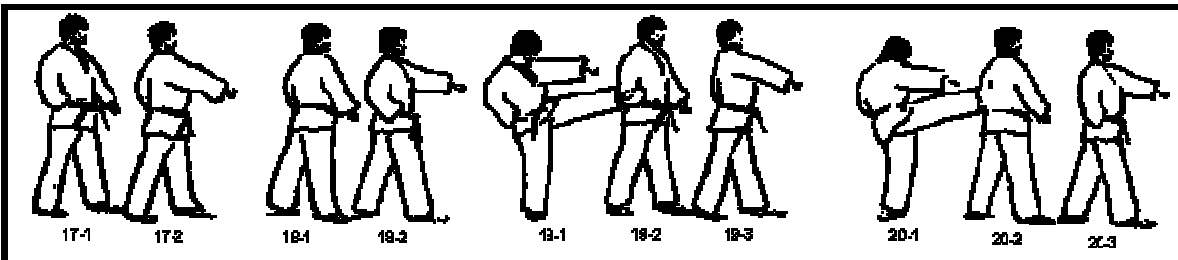
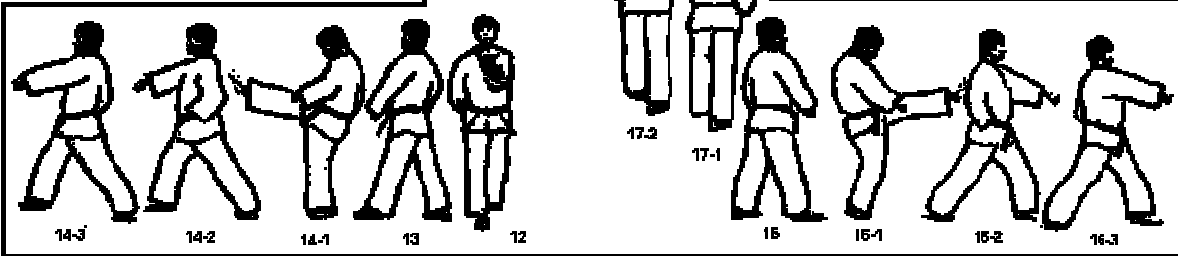
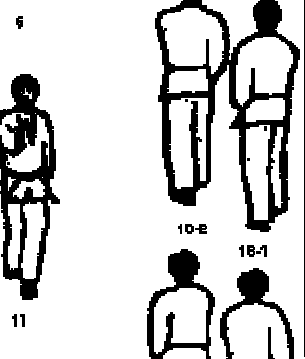
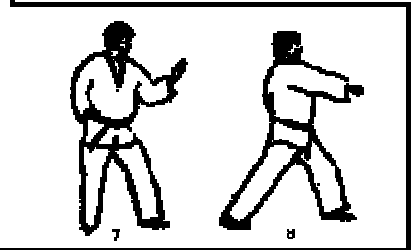
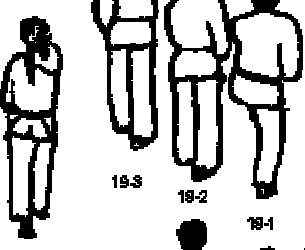
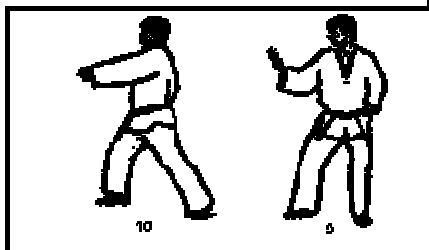
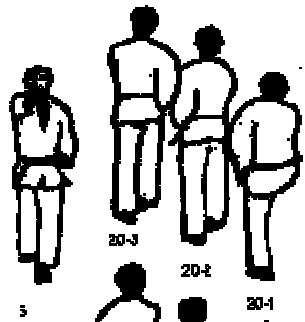
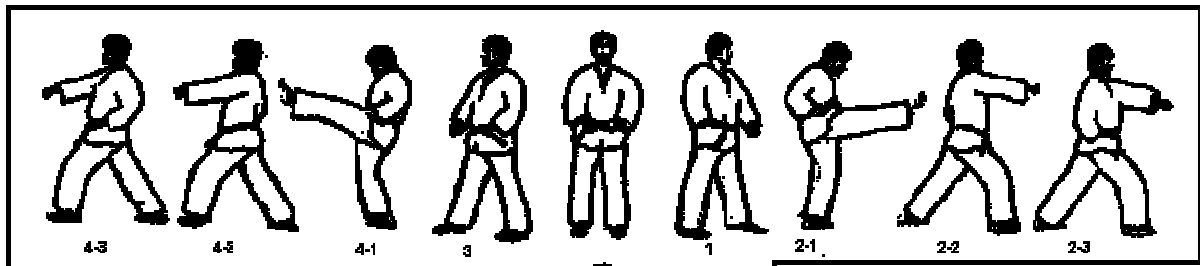


Taegeuk 3 - Sam Jang

Choenbi

1. Oen ap seogi - Arae makki
2. Oreun ap koebi - Oreunbal apchagi, Momtong doebeon jireugi (snel)
3. Oreun ap seogi - Arae makki
4. Oreun ap koebi - Oenbal apchagi, Momtong doebeon jireugi (snel)
5. Oen ap soegi - Jaebipoem han sonnal mokchigi
6. Oreun ap seogi - Jaebipoem han sonnal mokchigi
7. Oreun duit koebi - Han sonnal momtong yeop makki
8. Oen ap koebi - Momtong baro jireugi
9. Oen duit koebi - Han sonnal momtong yeop makki
10. Oreun ap koebi - Momtong baro jireugi
11. Oen ap seogi - Momtong an makki
12. Oreun ap seogi - Momtong an makki
13. Oen ap seogi - Arae makki
14. Oreun ap koebi - Oreunbal apchagi, Momtong doebeon jireugi
15. Oreun ap seogi - Arae makki
16. Oen ap koebi - Oenbal apchagi, Momtong doebeonjireugi
17. Oen apseogi - Arae makki momtong baro jireugi (snel)
18. Oreun ap seogi - Arae makki momtong baro jireugi (snel)
19. Oen ap seogi - Oenbal apchagi, Arae makki momtong baro jireugi (snel)
20. Oreun ap seogi - Oreunbal apchagi, Arae makki Momtong baro jireugi (ki hap)

Taegeuk 3 Chang

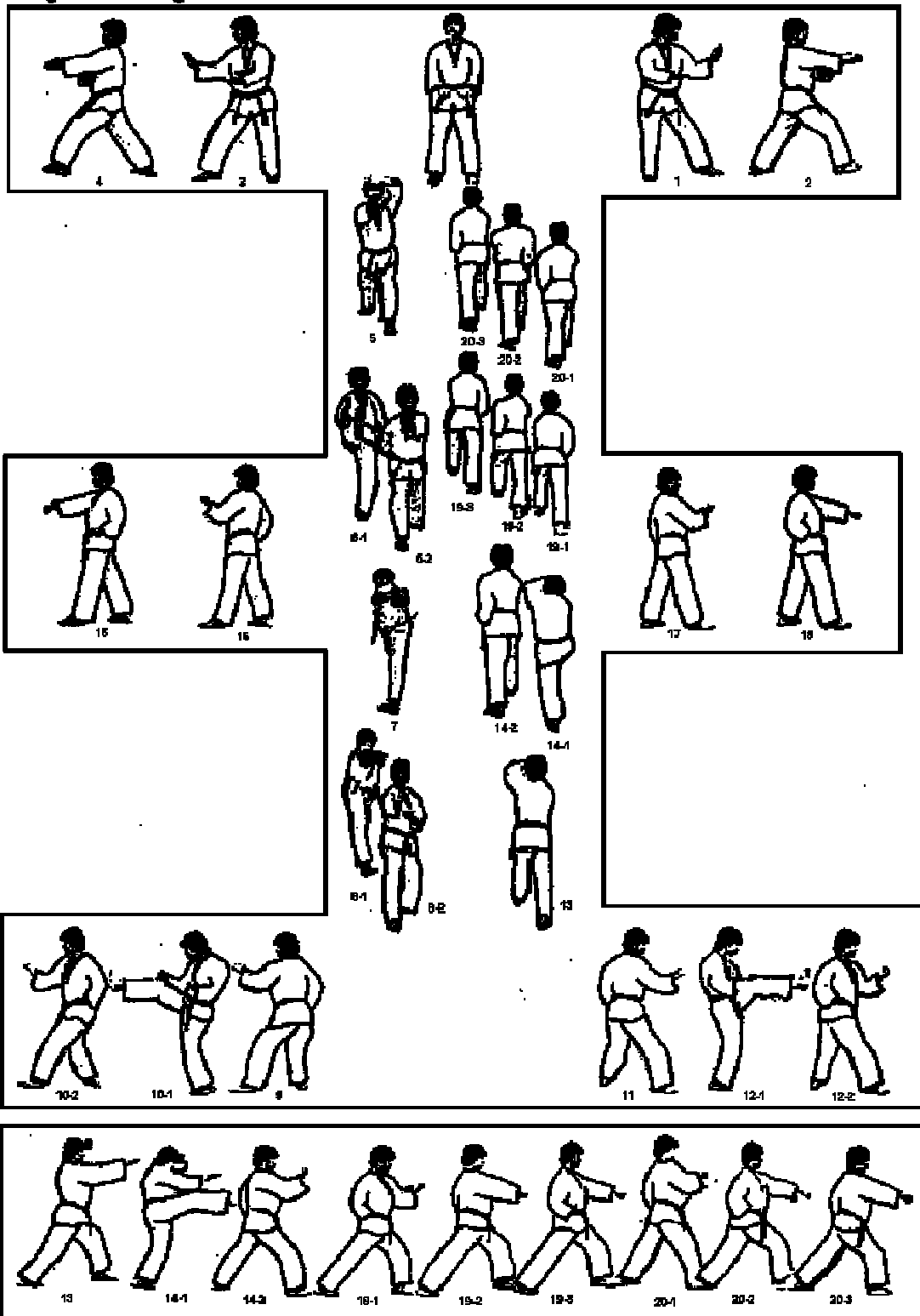


Taegeuk 4 - Sa Jang

Choenbi

1. Oreun duit koebi - Sonnal momtong makki
2. Oreun ap koebi - Pyon sonkeut sewo chireugi
3. Oen duit koebi - Sonnal momtong makki
4. Oen ap koebi - Pyon sonkeut sewo chireugi
5. Oen ap koebi - Jaebi poem sonnal mok chigi
6. Oreun ap koebi - Oreun bal apchagi momtong baro jireugi
7. Oen yeop chagi (zonder gestrekte vuist)
8. Oen duit koebi - Oreun bal yeop chagi sonnal momtong makki (zonder gestrekte vuist)
9. Oreun duit koebi - Bakat palmok momtong bakat makki
10. Oreun duit koebi - Oreunbal apchagi an palmok momtong an makki
11. Oen duit koebi - Bakat palmok momtong bakat makki
12. Oen duit koebi - Oen bal apchagi an palmok momtong an makki
13. Oen ap koebi - Jaebi poem sonnal mok chigi
14. Oreun ap koebi - Oreun bal apchagi deung joemeok eolgoel apchigi
15. Oen ap seogi - Momtong an makki
16. Oen ap seogi - Momtong baro jireugi (snel)
17. Oreun ap seogi - Momtong an makki
18. Oreun ap seogi - Momtong baro jireugi (snel)
19. Oen ap koebi - Momtong an makki momtong doebeon jireugi (snel)
20. Oreun ap koebi - Momtong an makki momtong doebeon jireugi (snel) (ki hap)

Taegeuk 4 Chang

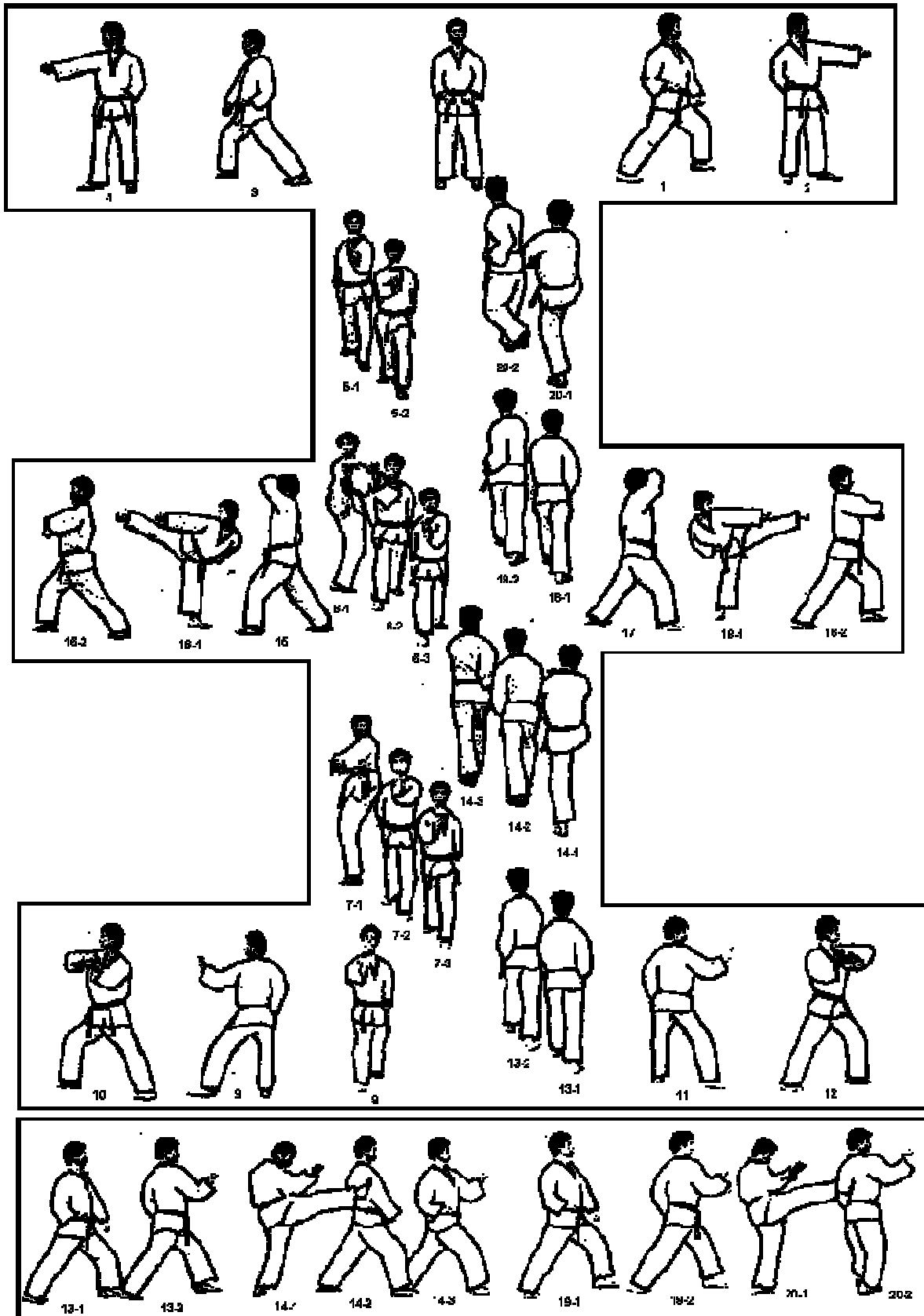


Taegeuk 5 - Oh Jang

Choenbi

1. Oen ap koebi - Arae makki
2. Oen peonhi seogi - Mejoemeok naeryo chigi
3. Oreun ap koebi - Arae makki
4. Oreun peonhi seogi - Mejoemeok naeryo chigi
5. Oen ap koebi - Oen momtong an makki, Oreun momtong an makki
6. Oreun ap koebi - Oreun apchagi, Deung joemeok apchigo oen momtong an makki
7. Oen ap koebi - Oen apchagi, Deung joemeok apchigo oreun momtong an makki
8. Oreun ap koebi - Oreun deung joemeok apchigi
9. Oreun duit koebi - Han sonnal momtong yeop makki
10. Oreun ap koebi - Palkoep dollyo chigi
11. Oen duit koebi - Ban sonnal momtong yeop makki
12. Oen ap koebi - Palkoep dollyo chigi
13. Oen ap koebi - Arae makki
14. Oreun ap koebi - Oreun apchagi, Arae makki oen momtong an makki
15. Oen ap koebi - Eolgoel makki
16. Oreun ap koebi - Oreun yeop chagi palkoep pyojeok chigi (met gestrekte vuist)
17. Oreun ap koebi - Eolgoel makki
18. Oen ap koebi - Oen yeop chagi palkoep pyojeok chigi (met gestrekte vuist)
19. Oen ap koebi - Arae makki oreun momtong an makki (snel)
20. Duit koa seogi - Oreun apchagi deung joemeok eolgoel apchigi (ki hap)

Taeguk 5 Chang

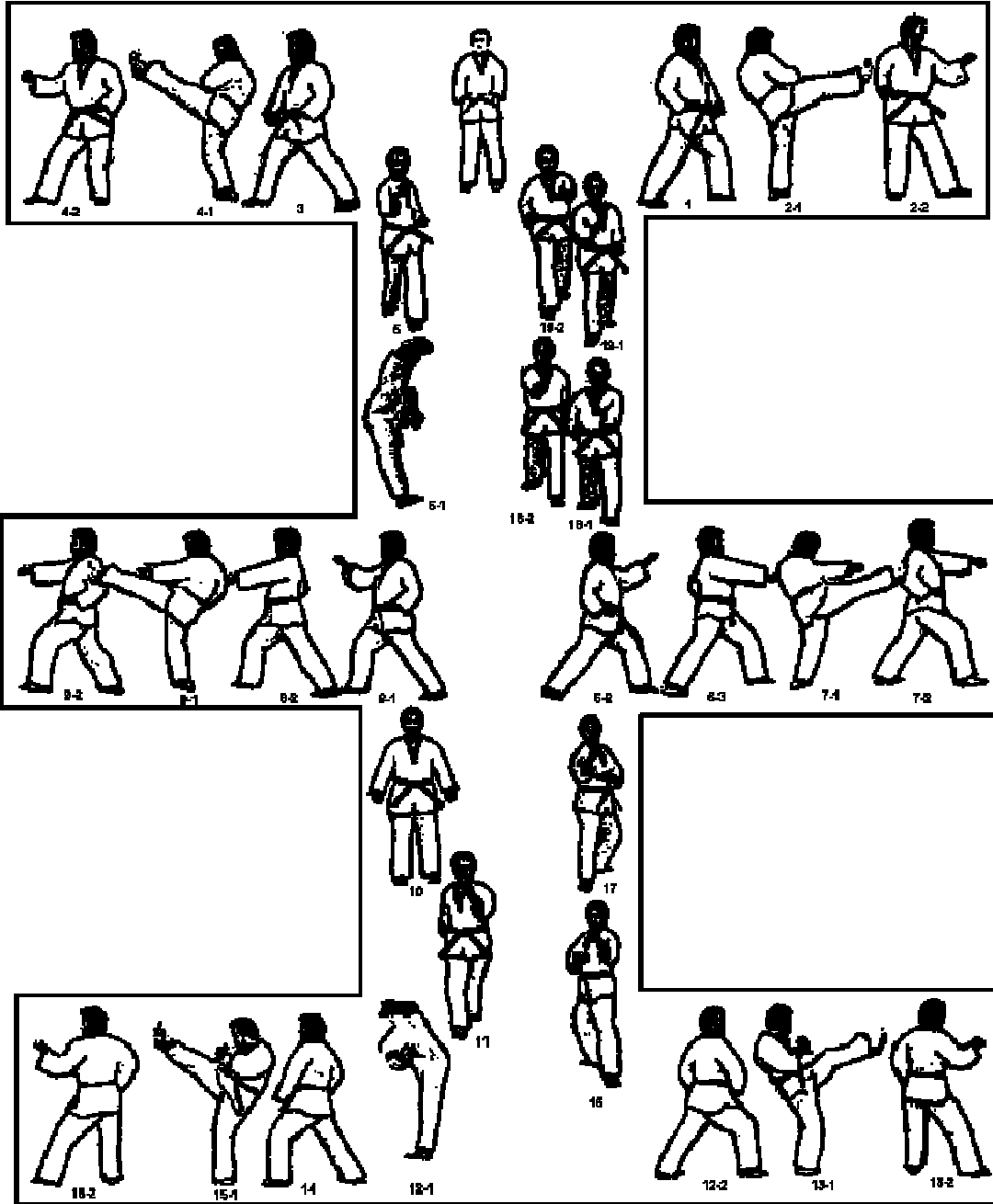


Taegeuk 6 - Yuk Jang

Choenbi

1. Oen ap koebi - Arae makki
2. Oreun duit koebi - Oreun apchagi oen bakat palmok momtong bakat makki
3. Oreun ap koebi - Arae makki
4. Oen duit koebi - Oen apchagi Oreun bakat palmok momtong bakat makki
5. Oen ap koebi - Jaebipoem oreun han sonnal eolgoel bakat makki
6. Oen ap koebi - Oreun dollyochagi, Eolgoel bakat makki momtong baro jireugi (snel)
7. Oreun ap koebi - Oreun apchagi momtong baro jireugi
8. Oreun ap koebi - Eolgoel bakat makki momtong baro jireugi (snel)
9. Oen ap koebi - Oen apchagi momtong baro jireugi
10. Naranhi seogi - Arae hechyo makki (Iangzaam)
11. Oreun ap koebi - Jaebipoem oreun han sonnal eolgoel bakat makki
12. Oreun ap koebi - Oen dollyochagi arae makki (ki hap)
13. Oen duit koebi - Oen apchagi momtong bakat makki
14. Oen ap koebi - Arae makki
15. Oreun duit koebi - Oreun apchagi momtong bakat makki
16. Oreun duit koebi - Sonnal momtong makki
17. Oen duit koebi - Sonnal momtong makki
18. Oen ap koebi - Batangson momtong an makki momtong baro jireugi (snel)
19. Oreun ap koebi - Batangson momtong an makki momtong baro jireugi (snel)

Taegeuk 6 Chang

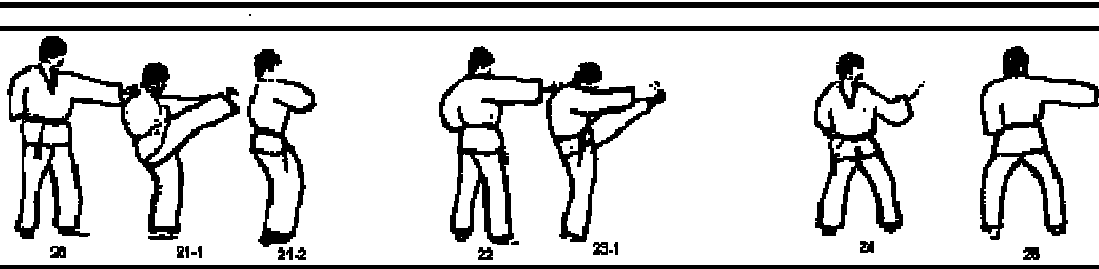
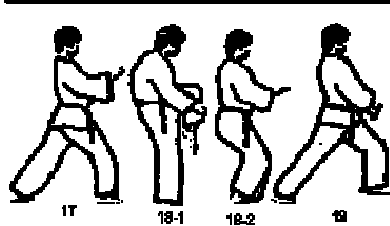
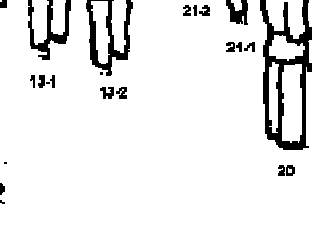
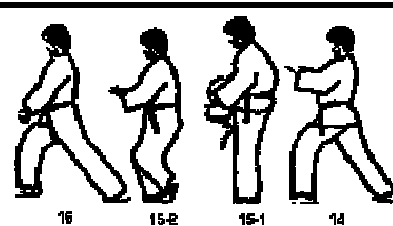
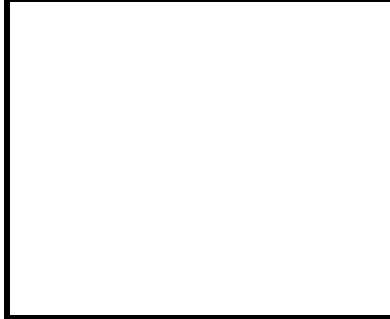
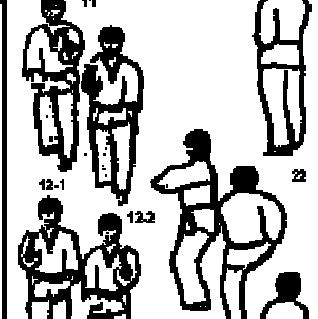
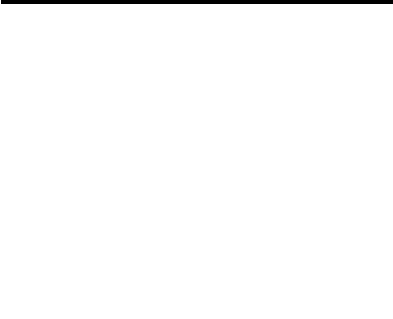
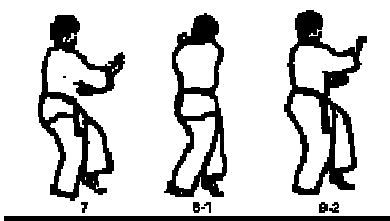
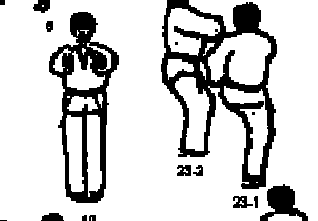
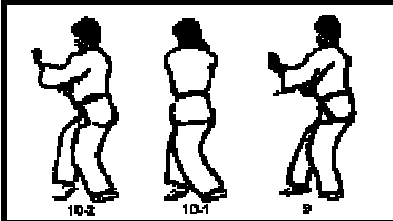
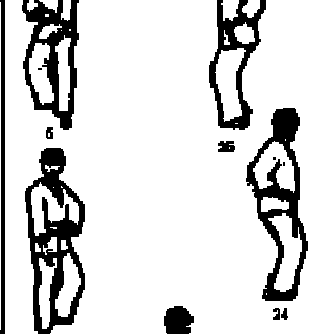
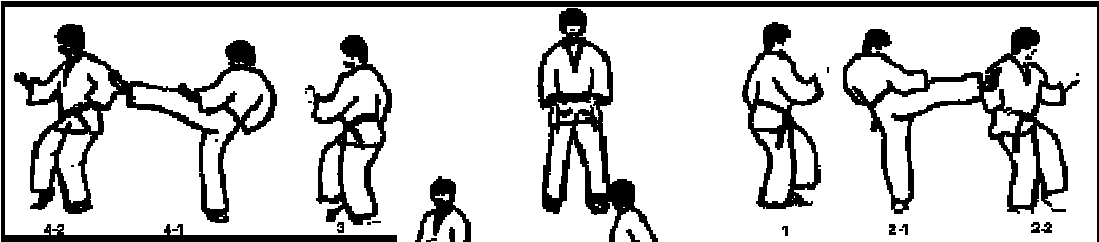


Taegeuk 7 - Chil Jang

Choenbi

1. Oen beom seogi - Oreun batangson momtong an makki
2. Oen beom seogi - Oreun apchagi oen an palmok momtong an makki
3. Oreun beom seogi - Oen batangson momtong an makki
4. Oreun beom seogi - Oen apchagi preun an palmok momtong an makki
5. Oreun duit koebi - Sonnal arae makki
6. Oen duit koebi - Sonnal arae makki
7. Oen beom seogi - Geodeurooreun batangson momtong an makki
8. Oen beom seogi - Oreun deungjoemeok apchigi (snel)
9. Oreun beom seogi - Geodeuro oen batangson momtong an makki
10. Oreun beom seogi - Oen deungjoemeok apchigi (snel)
11. Moa seogi - Bojoemeok
12. Oen ab koebi - Bandae gawi makki baro gawi makki (snel)
13. Oreun ap koebi - Bandae gawi makki baro gawi makki (snel)
14. Oen ap koebi - Bakat palmok momtong hechyo makki
15. Duit koa seogi - Moereop chagi doejoemeok jaechyo jireugi (snel)
16. Oreun ap koebi - Eotgeuro arae makki (snel)
17. Oreun ap koebi - Bakat palmok momtong hechyo makki
18. Duit koa seogi - Moereop chago doejoemeok jaechyo jireugi (snel)
19. Oen ap koebi - Eotgeuro arae makki (snel)
20. Oen ap seogi - Deung joemeok bakat chigi
21. Joechoem seogi - Oreunbal pyojeok chagi palkoep pyojeok chigi
22. Oreun ap seogi - Deung joemeok bakat chigi
23. Joechoem seogi - Oenbal pyojeok chagi palkoep pyojeok chigi
24. Joechoem seogi - Han sonnal yeop makki
25. Joechoem seogi - Momtong yeop jireugi (ki hap)

Taeguk 7 Chang



Taegeuk 8 - Pal Jang

Choenbi

1. Oreun duit koebi - Geodeuro bakat makki
2. Oen ap koebi - Momtong baro jireugi
3. Oen ap koebi - Doebal dangsang apchagi (ki hap), Oen momtong an makki momtong doebeon jireugi (snel)
4. Oreun ap koebi - Momtong bandae jireugi
5. Oreun ap koebi - Owesanteul makki
6. Oen ap koebi - Danggyo teuk chigi (langzaam)
7. Oen ap koebi - (Oenbal ap koa seogi) Owesanteul makki
8. Oreun ap koebi - Danggyo teuk chigi (langzaam)
9. Oreun duit koebi - Sonnal momtong makki
10. Oen ap koebi - Momtong baro jireugi (snel)
11. Oreun beom seogi - Oreun apchagi oreun batangson momtong an makki (snel)
12. Oen beom seogi - Sonnal momtong makki
13. Oen ap koebi - Oenbal apchagi momtong baro jireugi (snel)
14. Oen beom seogi - Oen batangson momtong an makki (snel)
15. Oreun beom seogi - Sonnal momtong makki
16. Oreun ap koebi - Oreunbal apchagi momtong baro jireugi (snel)
17. Oreun beom seogi - Oreun batangson momtong an makki (snel)
18. Oen duit koebi - Geodeuro arae makki
19. Oreun ap koebi - Oenbal apchagi, oreunbal twio apchagi (ki hap), Momtong an makki, momtong doebeonjireugi (snel)
20. Oreun duit koebi - Oen sonnal momtong yeop makki
21. Oen ap koebi - Oreun palkoepdolIyo chigi
22. Oen ap koebi - Oreun deungjoemeok eolgoel apchigi (snel)
23. Oen ap koebi - Momtong bandae jireugi (snel)
24. Oen duit koebi - Oen sonnal momtong yeop makki
25. Oreun ap koebi - Oen palkoep dollIyo chigi
26. Oreun ap koebi - Oen deungjoemeok eolgoel apchigi (snel)
27. Oreun ap koebi - Momtong baro jireugi (snel)

Taegeuk 8 Chang

