



Taekwondo Academy Ge-We

Wellen Kortessem Montenaken

Bruno Graziano 5 Dan

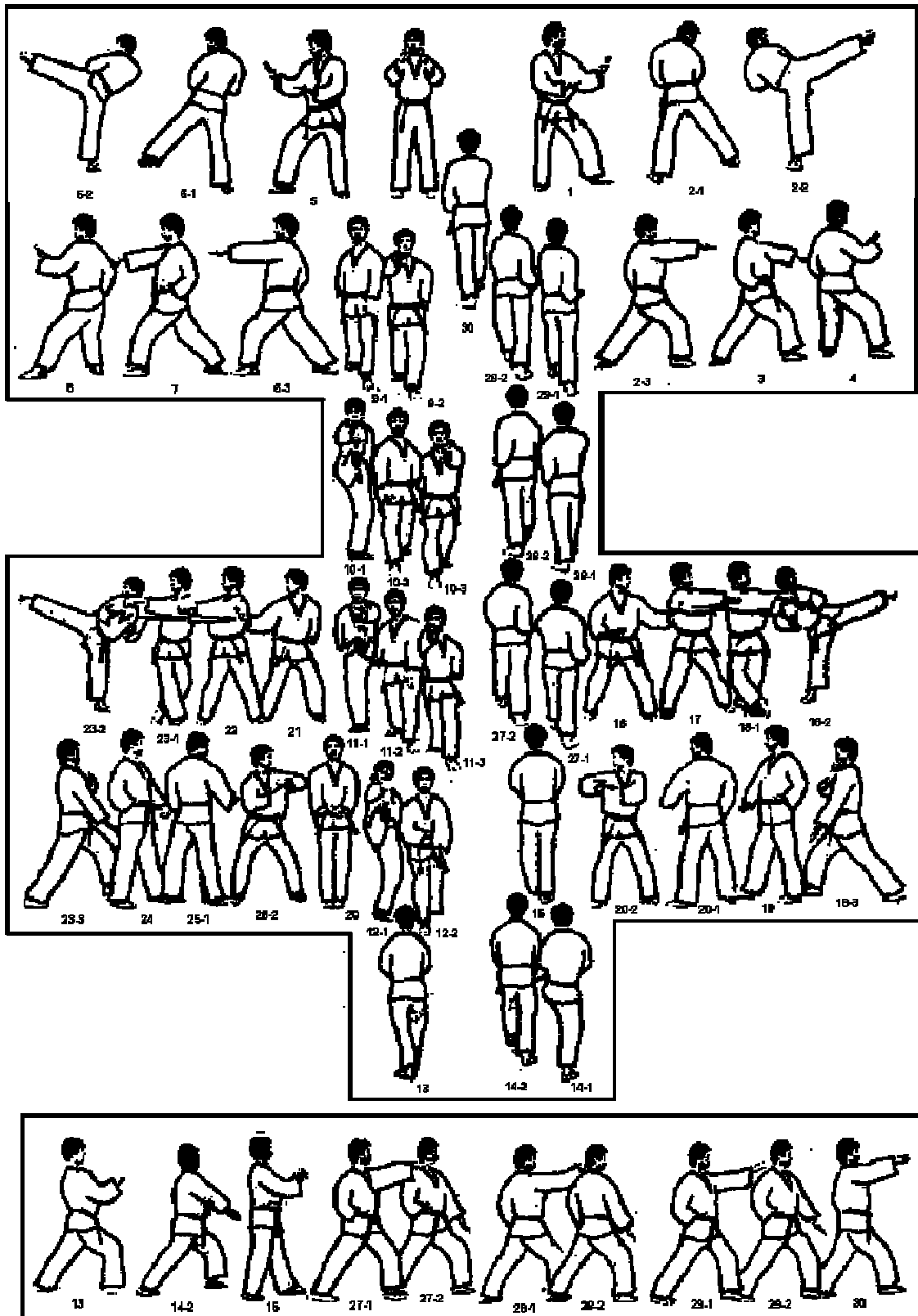
Taegeuk 9 - Koryo

Choenbi (Tong miIgi)

1. Oen duit koebi - Sonnal momtong makki
2. Oreun ap koebi - (Oreunbal arae yeop chagi momtong yeop chagi) Oreun sonnal bakat chigi
3. Oreun ap koebi - Momtong baro jireugi
4. Oen duit koebi - Oreun momtong an makki
5. Oen duit koebi - Sonnal momtong makki
6. Oen ap koebi - (Oenbal arae yeop chagi momtong yeop chagi)
7. Oen ap koebi - Oen sonnal bakat chigi
8. Oen ap koebi - Momtong baro jireugi
9. Oreun duit koebi - Oen momtong an makki
10. Oen ap koebi - Han sonnal arae makki oreun kaljaebi (snel)
11. Oreun ap koebi - (Oreun apchagi) Han sonnal arae makki oen kaljaebi (snel)
12. Oen ap koebi - (Oen apchagi) han sonnal arae makki oreun kaljaebi (snel) (ki hap)
13. Oreun ap koebi - (Oreun apchagi) moereop keokki
14. Oreun ap koebi - An palmok momtong hechyo makki
15. Oen ap koebi - (Oen apchagi) moereop keokki
16. Oen ap seogi - An palmok momtong hechyo makki
17. Joechoem seogi - Oen han sonnal momtong yeop makki
18. Joechoem seogi - Oreunjoemeok pyojeok chigi
19. Oreun ap koebi - (Oenbal yeop chagi, zonder gestrekte vuist) Pyon sonkeut arae jaechyo chireugi
20. Oreun ap seogi - Arae makki
21. Joechoem seogi - Oen batangson noeleo makki (ap seogi), Oreun palkoep yeop chigi
22. Joechoem seogi - Oreun han sonnal yeop makki
23. Joechoem seogi - Oenjoemeok pyojeokjireugi
24. Oen ap koebi - (Oreunbal yeop chagi, zonder gestrekte vuist) Pyon sonkeut arae jaechyo chireugi
25. Oen ap seogi - Arae makki
26. Joechoem seogi - Oreun batangson noeleo makki (ap seogi), Oen palkoep yeop chigi
27. Moa seogi - Oen mejoemeok arae pyojeok chigi
28. Oen ap seogi - Oen han sonnal bakat chigi han sonnal arae makki
29. Oreun ap koebi - Oreun sonnal mokchigi ban sonnal arae makki
30. Oen ap koebi - Oen han sonnal mokchigi han sonnal arae makki
31. Oreun ap koebi - Kaljaebi (ki hap)

Choenbi (Tong milgi)

Taegeuk 9 Chang : Koryo

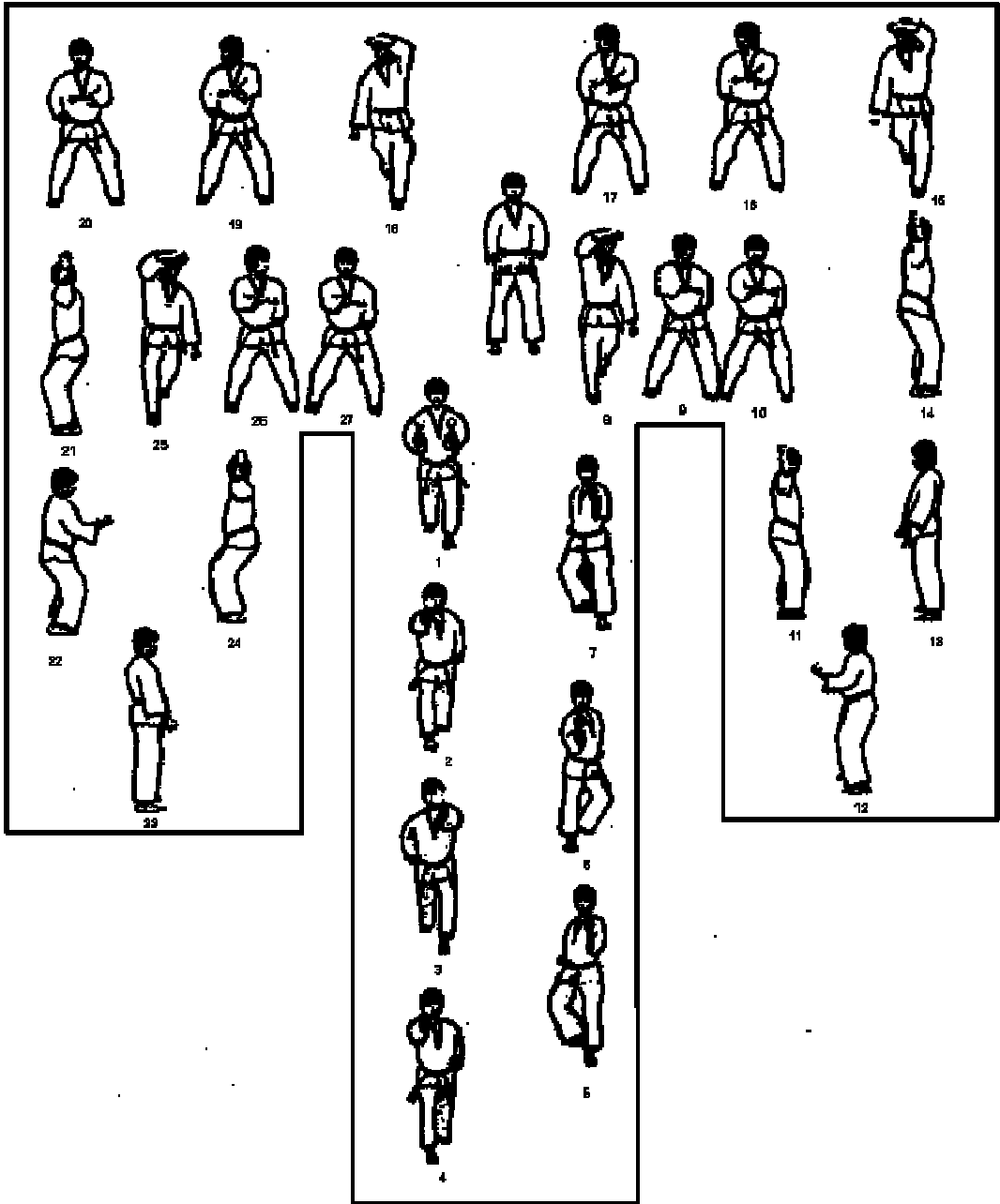


Taegeuk 10 - Keumgang

Choenbi

1. Oen ap koebi - An palmok momtong hechyo makki
2. Oreun ap koebi - Oreun batangson teuk chigi
3. Oen ap koebi - Oen batangson teuk chigi
4. Oreun ap koebi - Oreun batangson teuk chigi
5. Oreun duit koebi - Oen han sonnal momtong makki
6. Oen duit koebi - Oreun han sonnal momtong makki
7. Oreun duit koebi - Oen han sonnal momtong makki
8. Oreun hakdari seogi - Keumgang arae makki
9. Joechoem seogi - Oen keundolcheogi
10. Joechoem seogi - Oen keundolcheogi
11. Joechoem seogi - Santeul makki (ki hap)
12. Joechoem seogi - An palmok momtong hechyo makki
13. Naranhi seogi - Arae hechyo makki (langzaam)
14. Joechoem seogi - Santeul makki
15. Oen hakdari seogi - Keumgang arae makki (langzaam)
16. Joechoem seogi - Oreun keundolcheogi
17. Joechoem seogi - Oreun keundolcheogi
18. Oen hakdari seogi - Keumgang arae makki
19. Joechoem seogi - Oreun keundolcheogi
20. Joechoem seogi - Oreun keundolcheogi
21. Joechoem seogi - Santeul makki (ki hap)
22. Joechoem seogi - An palmok momtong hechyo makki
23. Naranhi seogi - Arae hechyo makki (langzaam)
24. Joechoem seogi - Santeul makki
25. Oreun hakdari seogi - Keumgang arae makki (langzaam)
26. Joechoem seogi - Oen keundolcheogi
27. Joechoem seogi - Oen keundolcheogi

Taegeuk 10 Chang : Keumgang

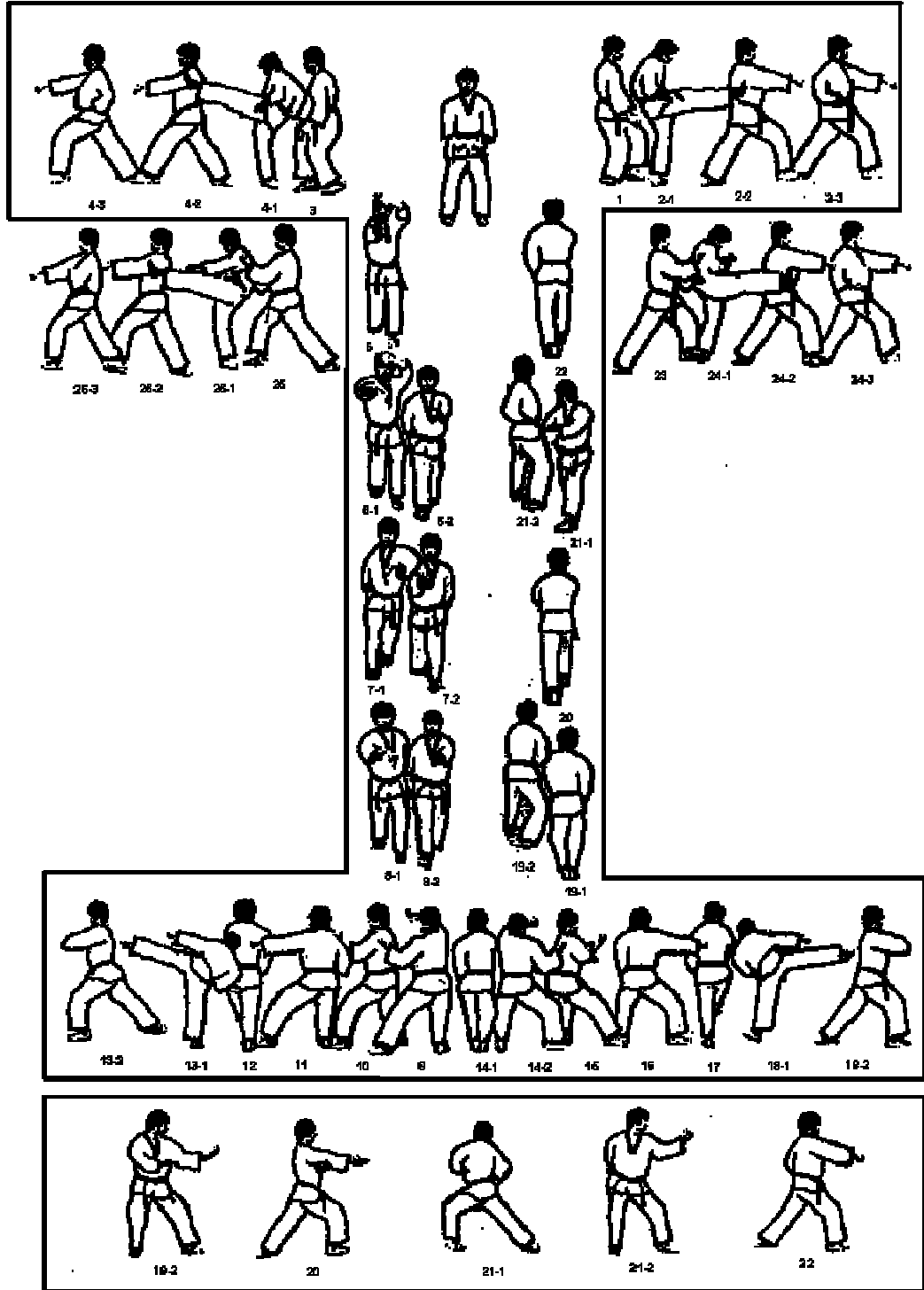


Taegeuk 11 - Taebaek

Choenbi

1. Oen beom seogi - Sonnal arae hechyo makki
2. Oreun ap koebi - (Oreunbal apchagi) Momtong doebeonjireugi (snel)
3. Oreun beom seogi - Sonnal arae hechyo makki
4. Oen ap koebi - (Oenbal apchagi) Momtong doebennjireugi (snel)
5. Oen ap koebi - jaebipoem sonnal mokchigi
6. Oreun ap koebi - Oreun sonmok noelen makki (langzaam), Momtong baro jireugi
7. Oen ap koebi - Oen sonmok noeleo makki (langzaam), Momtong baro jireugi
8. Oreun ap koebi - Oreun sonmok noeleo makki (langzaam) Momtong baro jireugi (ki hap)
9. Oreun duit koebi - Keumgang momtong makki
10. Oreun duit koebi - Danggyoteukchigi
11. Oreun duit koebi - Yeop jireugi
12. Oreun hakdari seogi - Iageun dolCheogi
13. Oen ap koebi - (Oenbal yeop chagi, met gestrekte vuist), Palkoep Pyojeok chigi
14. Oen duit koebi - Keumgang momtong makki
15. Oen duit koebi - Danggyo teuk chigi
16. Oen duit koebi - Yeopjireugi
17. Oen hakdari seogi - Lageun dolchengi
18. Oreun ap koebi - (Oreunbal yeop chagi, met gestrekte vuist), Palkoep Pyojeok chigi
19. Oreun duit koebi - Sonnal momtong makki
20. Oreun ap koebi - (Oenson noeleo makki) Pyon sonkeut sewo chireugi
21. Oreun duit koebi - Deungjnemeok bakat chigi
22. Oreun ap koebi - Momtong bandaejireugi (ki hap)
23. Oen ap koebi - Gawi makki
24. Oreun ap koebi - (Oreunbal apchagi) Momtong doebeon jireugi (snel)
25. Oreun ap koebi - Gawi makki
26. Oen ap koebi - (Oenbal apchagi) Momtong doebeon jireugi (snel)

Taebaek

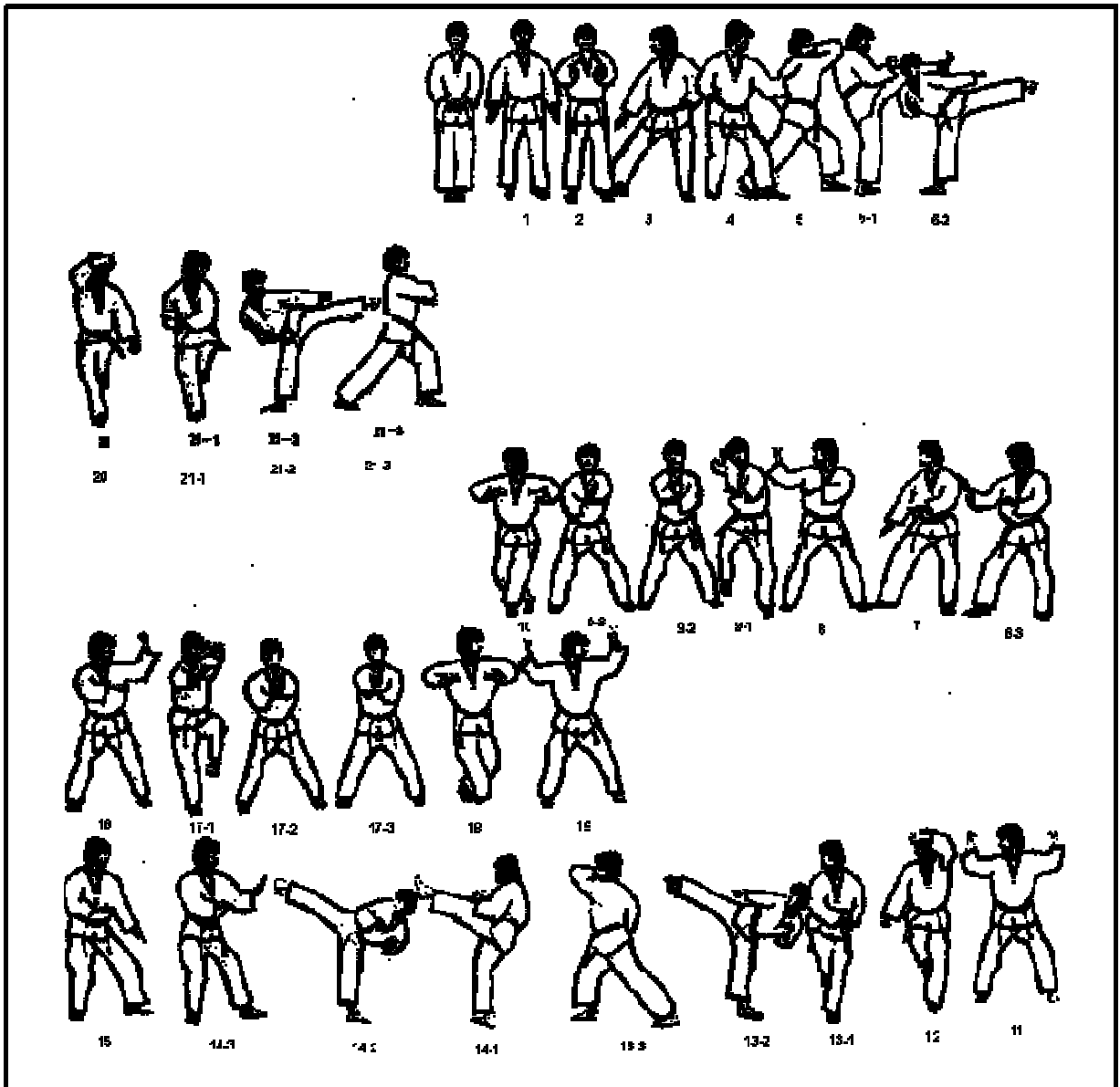


Taegeuk 12 - Pyongwon

Choenbi (Moa seogi, Gyopson)

1. Naranhi seogi - Sonnal arae hechyo makki (langzaam)
2. Naranhi seogi - Tong milgi (langzaam)
3. Oen duit koebi - Han sonnal arae makki
4. Oreun duit koebi - Han sonnal momtong bakat makki
5. Oen ap koebi - Oreun palkoep ollyo chigi
6. Oen duit koebi - Oreunbal apchagi oenbal yeop chagi, met vuist Oreun palkoep Ollyo chigi, Sonnal momtong makki (oen duit koebi)
7. Oen duit koebi - Sonnal arae makki (snel)
8. Joechoem seogi - Geodeuro eolgoel makki
9. Joechoem seogi - Oreun deungjoemeok danggyo teuk chigi (ki hap), Oen deungjoemeok danggyo teuk chigi (snel)
10. Ap koa seogi - Meongge chigi
11. Joechoem seogi - Hechyo santeul makki
12. Oen hakdari seogi - Keumgang arae makki (langzaam)
13. Oreun ap koebi - (Oreunbal yeop chagi, zonder vuist) Oen palkoep ollyo chigi
14. Oreun duit koebi - (Oenbal apchagi oreunbal yeop chagi, met gestrekte vuist) Sonnal momtong makki
15. Oreun duit koebi - Sonnal arae makki (snel)
16. Joechoem seogi - Geodeuro eolgoel makki
17. Joechoem Seogi - Oen deungjoemeok danggyo teuk chigi (ki hap), Oreun deungjoemeok danggyo teuk chigi (snel)
18. Ap koa seogi - Meongge chigi
19. Joechoem seogi - Hechyo santeul makki
20. Oreun hakdari seogi - Keumgang arae makki (langzaam)
21. Oen ap koebi - (Oenbal yeop chagi, met vuist) Oreun palkoep pyojeok chigi

Taeguk 12 Chang : Pyongwon

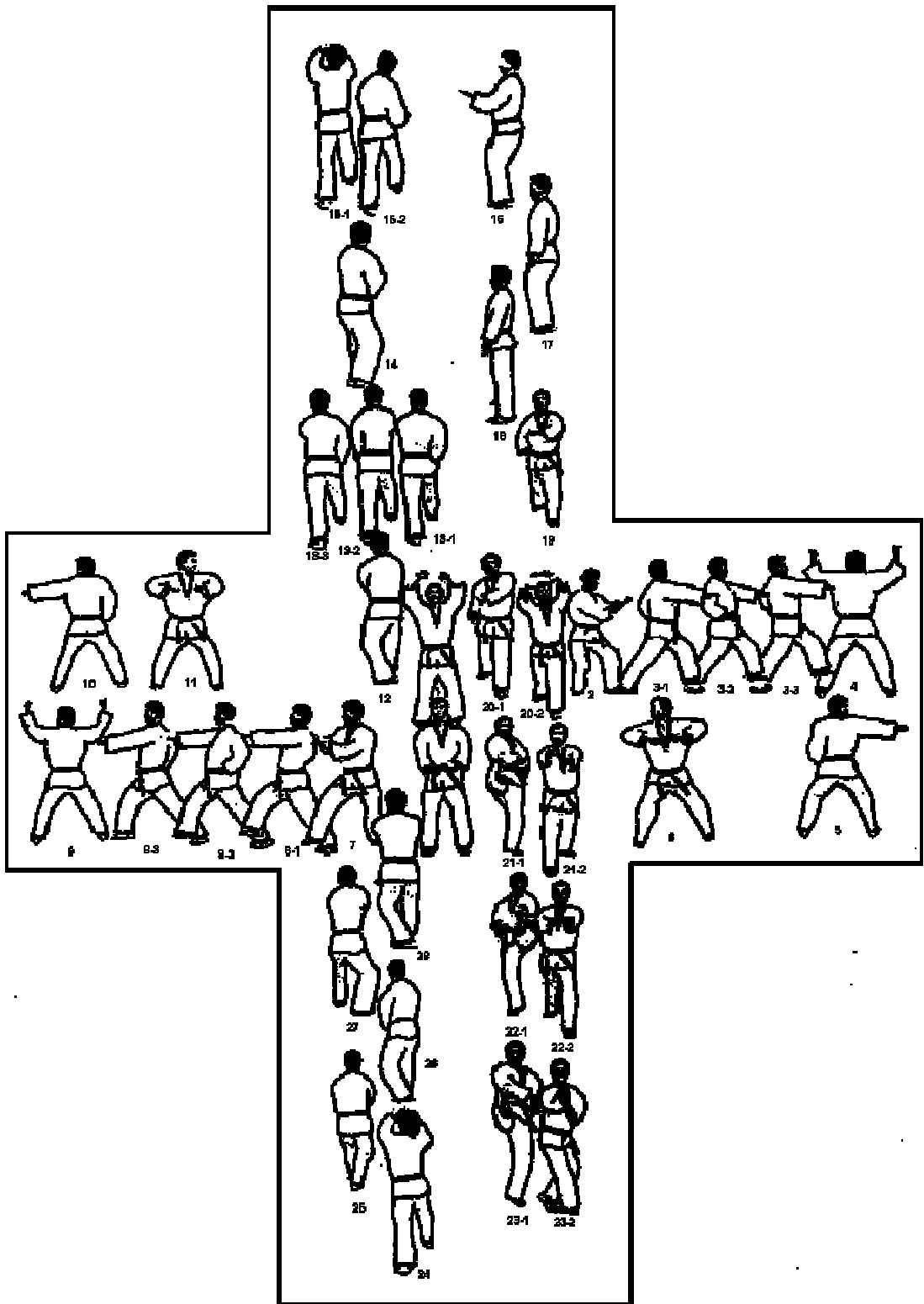


Taegeuk 13 - Ship Jin

Choenbi

1. Naranhi seogi - Hwangso makki (Iangzaam)
2. Oreun duit koebi - Sonbadak geodeuro momtong bakat makki
3. Oen ap koebi - (Oreun pyon sonkeut eoepo chireugi, langzaam) Momtong doebeon jireugi (snel)
4. Joechoem seogi - Hechyo santew makki
5. Joechoem seogi - Yeop jireugi (ki hap)
6. Joechoem seogi - Meongge chigi
7. Oen duit koebi - Sonbadak geodeuro momtong bakat makki
8. Oreun ap koebi - Oen pyon sonkeut eoepo chireugi (langzaam)
9. Joechoem seogi - Hechyo santeul makki
10. Joechoem seogi - Yeopjireugi (ki hap)
11. Joechoem seogi - Meongge chigi
12. Oen duit koebi - Sonbadak geodeuro momtong bakat makki
13. Oreun ap koebi - Oen pyon sonkeut eoepo chireugi (langzaam)
14. Oreun duit koebi - Sonnal arae makki
15. Oreun ap koebi - Bawi milgi (Iangzaam)
16. Joechoem seogi - Sonnal deung momtong hechyo makki
17. Joechoem seogi - Sonnal arae hechyo makki
18. Pyonhi seogi - Arae hechyo makki (langzaam)
19. Oen ap koebi - Keuro ollygi (snel)
20. Oen ap koebi - Bawi milgi (langzaam)
21. Oreun ap koebi - Oreunbal apchagi tchaetdarijireugi
22. Oen ap koebi - Oenbal apchagi tchaetdari jireugi
23. Duit koa seogi - Oreunbal apchagi deungjoemeok geodeuro eogel apchigi (ki hap)
24. Oen ap koebi - Bawi milgi (langzaam)
25. Oen beom seogi - Sonnal eotgeuro arae makki
26. Oen duit koebi - Sonnal deung momtong makki
27. Oreun duit koebi - Tchaetdarijireugi
28. Oen duit koebi - Tchaetdarijireugi

Taegeuk 13 Chang : Shipjin

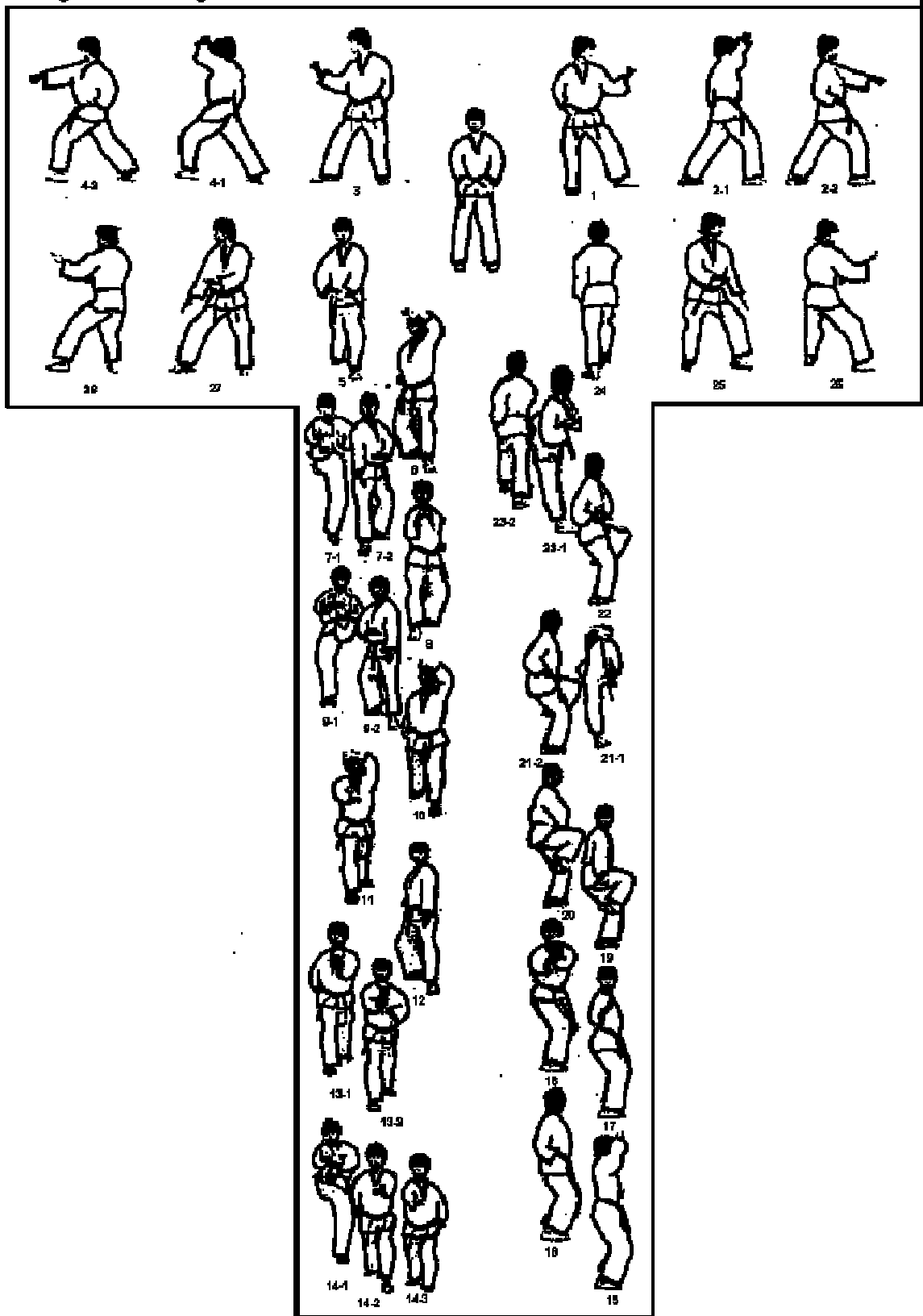


Taegeuk 14 - Jitae

Choenbi

1. Oreun duit koebi - Oen an palmok momtong yeop makki
2. Oreun ap koebi - Eolgoel makko momtong baro jireugi
3. Oen duit koebi - Oreun an palmok momtong yeop makki
4. Oen ap koebi - Eolgoel makki momtong baro jireugi
5. Oen ap koebi - Arae makki
6. Oreun duit koebi - Oen han sonnal eolgoel makki (snel)
7. Oen duit koebi - Oreunbal apchagi sonnal arae makki
8. Oen duit koebi - Han palmok momtong bakat makki (langzaam)
9. Oreun duit koebi - Oenbal apchagi sonnal arae makki
10. Oen ap koebi - Eolgoel makki (langzaam)
11. Oreun ap koebi - Keumgang ap jireugi
12. Oreun ap koebi - Oen, oreun momtong an makki (snel)
13. Oreun duit koebi - Oen hand sonnal arae makki
14. Oen ap koebi - Oreunbal apchagi momtong doebeonjireugi (snel)
15. Joechoem seogi - Hwangso makki
16. Joechoem seogi - Oen palmok arae yeop makki
17. Joechoem seogi - Oreun hand sonnal momtong yeop makki
18. Joechoem seogi - Oen mejoemeok pyojeok chigi (ki hap)
19. Oen hakdari seogi - Arae yeop makki
20. Oreun hakdari seogi - Jageun dolcheogi
21. Oen hakdari seogi - Oreunbal yeop chagi oen palmok arae yeop makki
22. Oreun hakdari seogi - Jageun dolcheogi
23. Oen ap koebi - Oenbal yeop chagi momtong baro jireugi
24. Oreun ap koebi - Momtong bandae jireugi (ki hap)
25. Oreun duit koebi - Sonnal arae makki
26. Oen duit koebi - Sonnal momtong makki
27. Oen duit koebi - Sonnal arae makki
28. Oreun duit koebi - Sonnal momtong makki

Taeguk 14 Chang : Jitae



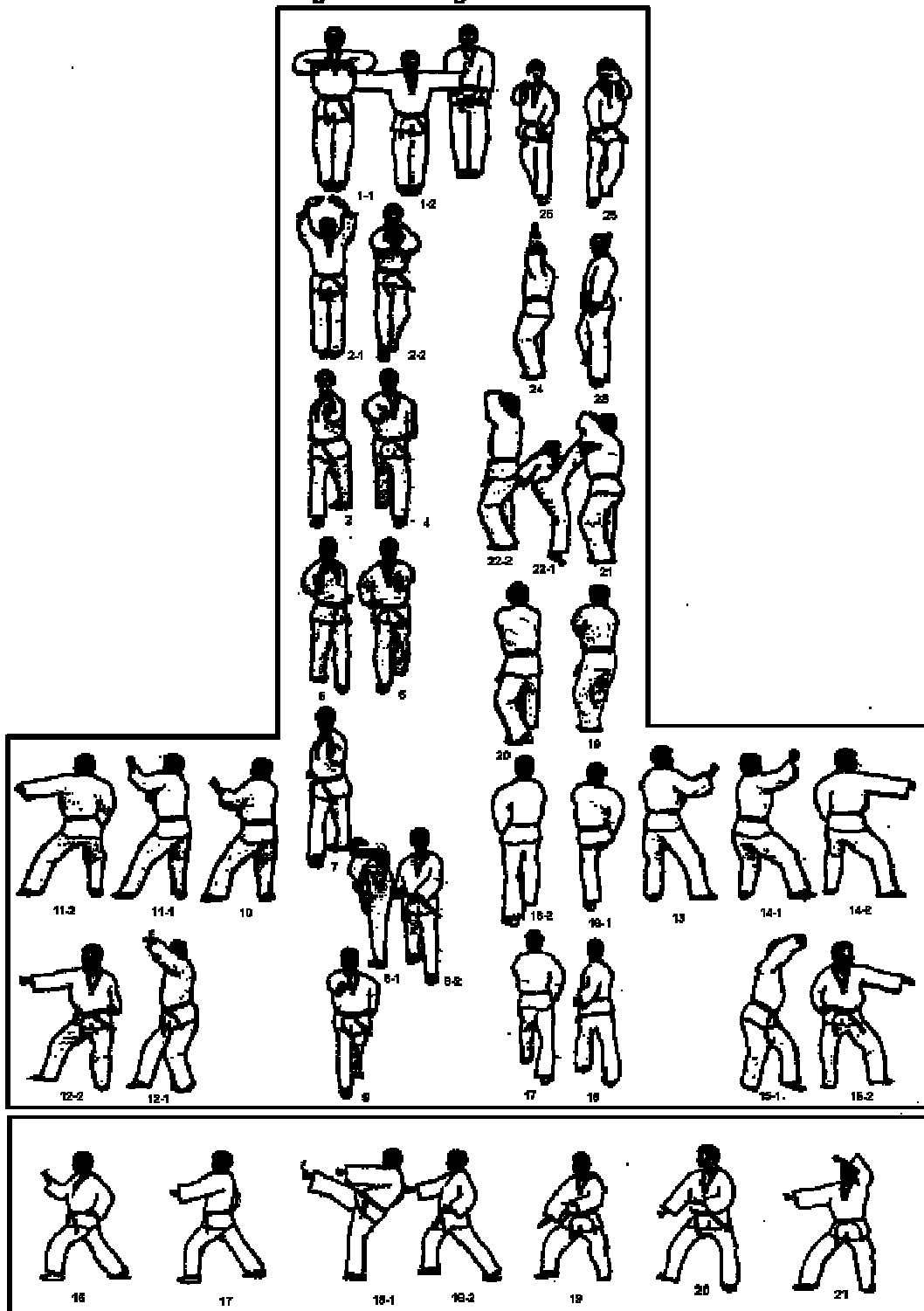
Taegeuk 15 - Cheonkwon

Choenbi (Moa seogi, Gyopson)

1. Moa seogi - Nalgae pyogi
2. Oen duit koebi - Sosumjireugi (Bamjoemeok)
3. Oreun ap koebi - Oen ban sonnal momtong bakat makki
4. Oen ap koebi - Oreunson jabba keulmyo (langzaam) Momtong baro jireugi
5. Oen ap koebi - Oreun ban sonnal momtong bakat makki
6. Oreun ap koebi - Oensonjabba keulmyo (langzaam) Momtong baro jireugi
7. Oreun ap koebi - Oen ban sonnal momtong bakat makki
8. Oen ap koebi - Oen yeop chagi (ki hap) Arae makki
9. Oreun ap koebi - Momtong bandae jireugi
10. Oreun duit koebi - An palmok geodeuro momtong bakat makki
11. Oreun duit koebi - (oen palmokjaechyo) Momtong yeop jireugi
12. Oen duit koebi - Oen sonnal eolgoel makki Danggyo oreunjoemeok momtong yeop jireugi
13. Oen duit koebi - An palmok geodeuro momtong bakat makki
14. Oen duit koebi - (Oreun palmokjaechyo) Momtong yeop jireugi
15. Oreun duit koebi - Oreun sonnal eolgoel makki Danggyo oen joemeok momtong yeop jireugi
16. Oen ap koebi - Oen palmok momtong biteuro makki
17. Oen ap koebi - Momtong bandae jireugi (snel)
18. Oreun ap koebi - Oreunbal apchagi momtong bandae jireugi
19. Oen duit koebi - Sonnal arae makki
20. Oen duit koebi - Oreun an palmok momtong bakat makki oreun palmok arae makki
21. Joechoem seogi (Doebeon mikeurembal) - Keumgang yeop jireugi
22. Joechoem seogi - Twio pyojeok chagi, keumgang yeop jireugi
23. Oreun duit koebi - Sonnal owesanteul makki (langzaam)
24. Oen duit koebi - Sonnal owesanteul makki (langzaam)
25. Oreun beom seogi - Taesan milgi (langzaam)
26. Oen beom seogi - Taesan milgi (langzaam)

Choenbi (Moa seogi, Gyopson)

Taegeuk 15 Chang : Cheonkwon



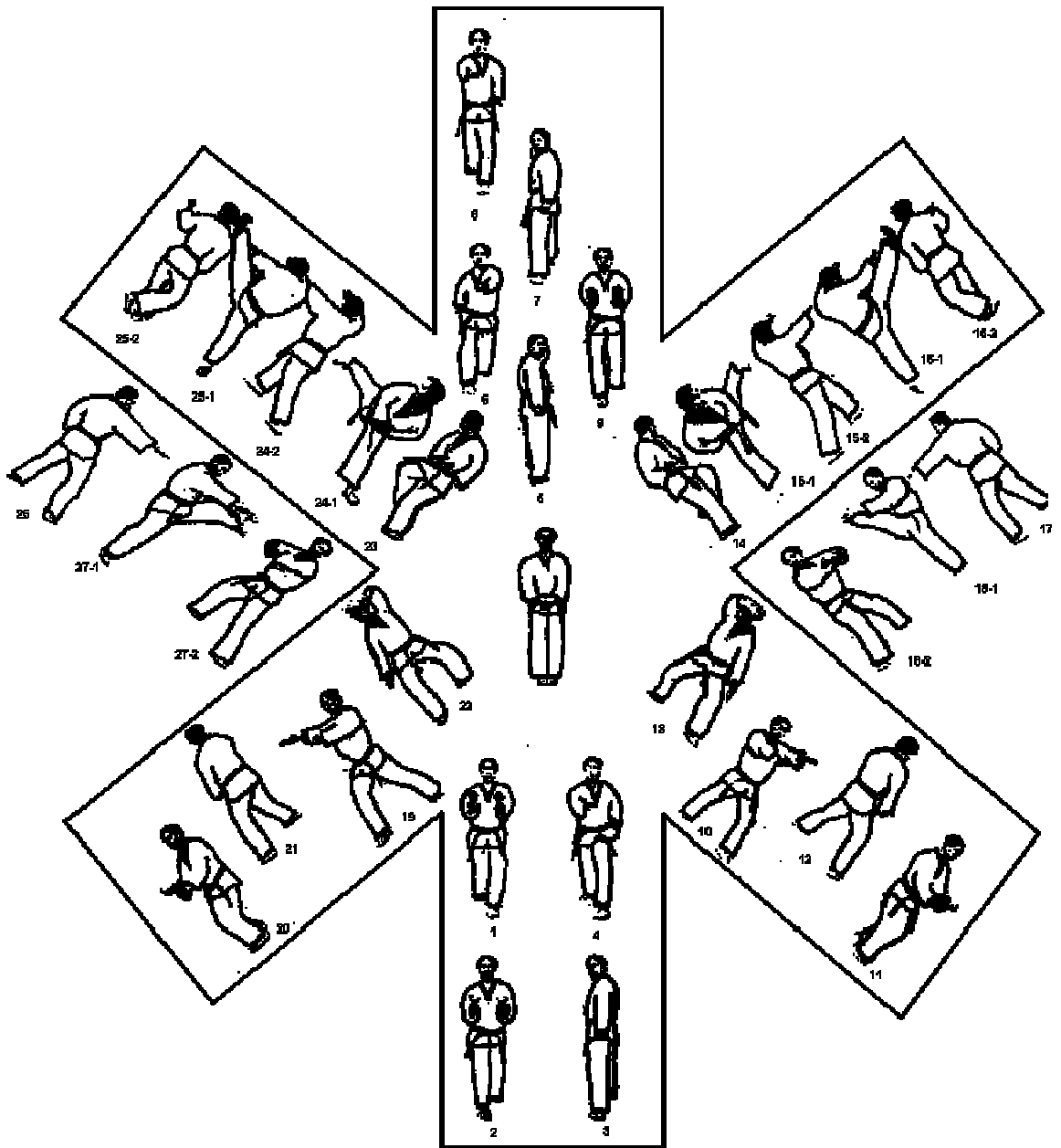
Taegeuk 16 - Hansoo

Choenbi (Moa seogi, Gyopson)

1. Oen ap koebi - Sonnal deung momtong hechyo makki
2. Oreun ap koebi - Doemejoemeok yeopgoeri chigi
3. Oreun ap koebi - Owesanteul makki
4. Oen ap koebi - Momtong baro jireugi
5. Oen ap koebi - Owesanteul makki
6. Oreun ap koebi - Momtong baro jireugi
7. Oreun ap koebi - Owesanteul makki
8. Oen ap koebi - Momtong baro jireugi
9. Oreun ap koebi - Sonnal deung momtong hechyo makki
10. Oen ap koebi - Oen kaljaebi (agumson mokchigi)
11. Oreun gyot dari (modeumbal) - Doejoemeok jaechyo jireugi
12. Joechoem seogi - Pyojeok arae makki
13. Oreun duit koebi - Sonnal keumgang makki
14. Oreun hakdari seogi - Jageun dolcheogi
15. Oen ap koebi - Oenbal yeop chagi jaebipoem sonnal mokchigi
16. Duit koa seogi - Oreunbal apchagi deungjoemeok eolgoel apchigi (ki hap)
17. Joechoem seogi - Oen sonnal yeop chigi
18. Joechoem seogi - Oreunbal pyojeok chagi oreun palkoep pyojeok chigi
19. Oreun ap koebi - Oreun kaljaebi (agumson mokchigi)
20. Oen gyot dari seogi (modeumbal) - Doejoemeok jaechyo jireugi
21. Joechoem seogi - Pyojeok arae makki
22. Oen duit koebi - Sonnal keumgang makki
23. Oen hakdari seogi - Jageun dolcheogi
24. Oreun ap koebi - Oreunbal yeop chagi jaebipoem sonnal mokchigi
25. Duit koa seogi - Oenbal apchagi deungjoemeok eolgoel apchigi (ki hap)
26. Joechoem seogi - Han sonnal yeop chigi
27. Joechoem seogi - Oenbal pyojeok chagi oen palkoep pyojeok chigi

Choenbi (Moa seogi, Gyopson)

Taegeuk 16 Chang : Hansoo



Taegeuk 17 - Ilyo

Choenbi (Moa seogi, Bo joemeok)

1. Oreun duit koebi - Sonnal momtong makki
2. Oreun ap koebi - Momtong bandae jireugi
3. Oreun duit koebi - Keumgang arae makki (langzaam)
4. Oreun duit koebi - Sonnal momtong makki
5. Oreun duit koebi - Momtong baro jireugi
6. Oreun ogeum seogi - (gesprongen) Oen pyon sonkeut sewo chireugi (ki hap)
7. Oreunbal (oedari seogi) - Oenbal yeop chagi, Owesanteul makki
8. Oreun duit koebi - Eotgeuro eolgoel makki
9. Oreun ap koebi - Biteuro jabgi momtong bandae jireugi
10. Oreun duit koebi - Keumgang arae makki (langzaam)
11. Oreun duit koebi - Sonnal momtong makki
12. Oreun duit koebi - Momtong baro jireugi
13. Oreun ogeum seogi - (gesprongen) Oreun pyon sonkeut sewo chireugi (ki hap)
14. Oreunbal (oedari seogi) - Oenbal yeop chagi, Owesanteul makki
15. Oreun duit koebi - Eotgeuro eolgoel makki
16. Oreunap koebi - Biteuro jabgi momtong bandae jireugi
17. Oreun duit koebi - Keumgang arae makki
18. Moa seogi - Doejoemeok heori seogi (langzaam)
19. Oreun duit koebi - Oreunbal apchagi, Oenbal twio yeop chagi, Eotgeuro eolgoel makki
20. Oreun ap koebi - Biteuro jabgi momtong bandae jireugi
21. Oreun duit koebi - Keumgang arae makki (langzaam)
22. Moa seogi - Doejoemeok heori seogi (langzaam)
23. Oen duit koebi - Oenbal apchagi, Oreunbal twio yeop chagi, Eotgeuro eolgoel makki

Choenbi (Moa seogi, Bo joemeok)

Taegeuk 17 Chang : Ilyo

