

FULL

	Positions	Blocages	Coups de poing	Coups de pied	Frappes / Autres
Taegeuk 1	Ap seogi	Arae makki	Momtong bandae jireugi	Ap chagi	
	Ap kubi	Momtong an makki	Momtong baro jireugi		
		Olgul makki			

Taegeuk 2	Ap seogi	Arae makki	Momtong bandae jireugi	Ap chagi	
	Ap kubi	Momtong anmakki	Olgul bandae jireugi		
		Olgul makki			

Taegeuk 3	Ap seogi	Arae makki	Dubeon momtong jireugi	Ap chagi	Hanssonal mok chigi
	Ap kubi	Hanssonal momtong bakkat makki	Momtong baro jireugi		
	Dwit kubi	Momtong an makki			

Taegeuk 4	Dwit kubi	Sonnal momtong makki	Momtong baro jireugi	Ap chagi	Pyonsonkkeut sewoe jjireugi
	Ap kubi	Momtong bakkat makki	Dubeon momtong jireugi	Yop chagi	Jebipoom mok chigi
		Momtong an makki			Deungjumeok olgul ap chigi
		Momtong makki			

Taegeuk 5	Ap kubi	Arae makki		Ap chagi	Mejumeok naeryo chigi
	Oen seogi	Momtong makki		Yop chagi	Deungjumeok olgul ap chigi
	Orun seogi	Momtong an makki			Palkup dollyo chigi
	Dwit kubi	Hanssonal momtong bakkat makki			Palkup pyojeok chigi
	Dwitkkoa seogi	Olgul makki			Jitjiki

Taegeuk 6	Ap kubi	Arae makki	Momtong baro jireugi	Ap chagi	
	Dwit kubi	Momtong bakkat makki		Dollyo chagi	
	Naranhi seogi	Hanssonal olgul bitureo makki			
		Olgul bakkat makki			
		Arae hecho makki			
		Sonnal momtong makki			
		Batangson momtong makki			

Taegeuk 7	Beom seogi	Batangson momtong an makki	Dujumeok jecho jireugi	Ap chagi	Kodureo deungjumeok olgul ap chigi
	Dwit kubi	Momtong makki	Momtong yop jireugi	Pyojeok chagi	Bojumeok
	Moa seogi	Sonnal arae makki			Mureup chigi
	Ap kubi	Kodureo batangson momtong an makki			Deungjumeok olgul bakkat chigi
	Dwitkkoa seogi	Kawi makki			Palkup pyojeok chigi
	Ap seogi	Momtong hecho makki			
	Juchum seogi	Otkoreo arae makki			
		Hanssonal momtong yop makki			