

“TAEGEUK YI JANG 2”

INSIDE STRONG OUTSIDE FRAGILE
(18 Motions, 5 Kicks, 7 Punches, 1 Ki-Up)

STANCE

MOVEMENT

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