

“TAEGUEK YOOK JANG 6”
FLEXIBLE – PLIABLE LIKE WATER
 (23 Motions, 8 Kicks, 6 Punches, 2 Ki-Up)

STANCE	MOVEMENT
1.- Ap koobi	Arae Makki
2a.	Ap chagi
2b Dwit koobi	An Bakat Palmok Momtong Makki
3. Ap koobi	Arae Makki
4a.	Ap chagi
4b. Dwit koobi	An Bakat Palmok Momtong Makki
5. Ap koobi	Hansonnal Eolgool Bakat Makki
6.	Dollyochagi
7a. Ap koobi	Bakat Palmok Eolgool Bakat Makki
7b.	Momtong Baro Jireugi
8a.	Ap chagi
8b. Ap koobi	Momtong Baro Jireugi
9a. Ap koobi	Bakat Palmok Eolgool Bakat Makki
9b.	Momtong Baro Jireugi
10a.	Ap chagi
10b. Ap koobi	Momtong Baro Jireugi
11. Pyeon seogi	Arae Hechyo Makki
12. Ap koobi	Hansonnal Eolgool Bakat Makki
13.	Dollyochagi KI-UP
14. Ap koobi	Arae Makki
15a.	Ap chagi
15b. Dwit koobi	An Bakat Palmok Momtong Makki
16. Ap koobi	Arae Makki
17a.	Ap chagi
17b. Dwit koobi	An Bakat Palmok Momtong Makki
18. Dwit koobi	Sonnal Momtong Makki
19. Dwit koobi	Sonnal Momtong Makki
20. Ap koobi	Batangson Momtong Makki
21.	Momtong Baro Jireugi
22. Ap koobi	Batangson Momtong Makki
23.	Momtong Baro Jireugi KI-UP