

TAEGEUK 5 O JANG

KOREAN

1. Ap Gubi/ Area Makki
2. Wen Seogi/ Me Jumeok
3. Ap Gubi/ Area Makki
4. Oreong Seogi/ Me Jumeok
5. Ap Gubi/ Montong Makki
6. Montong Makki
7. Ap Chagi/ Ap Gubi/ Deung Jumeok
8. Montong Makki
9. Ap Chagi/ Ap Gubi/ Deung Jumeok
10. Montong Makki
11. Ap Gubi/ Deung Jumeok
12. Dwit Gubi
13. Han Sonnel Bakkat Makki
14. Ap Gubi/ Dollyo Palgop Chigi
15. Dwit Gubi
16. Han Sonnel Bakkat Makki
17. Ap Gubi/ Dollyo Palgop Chigi
18. Ap Gubi/ Arae Makki/
19. Montong Makki
20. Ap Chagi/ Ap Gubi
21. Arae Makki/ Montong Makki
22. Ap Gubi/ Olgal Makki
23. Yop Chagi/ Me Jumeok
24. Pyojok Palgop Chigi
25. Ap Gubi/ Olgal Makki
26. Yop Chagi/ Me Jumeok
27. Pyojok Palgop Chigi
28. Ap Gubi/ Arae Makki/
29. Montong Makki
30. Ap Chagi
31. Dwit Koa Seogi/ Deung Jumeok

ENGLISH

- Front Stance/ Lower Block
- Left Stance/ Hammer Fist
- Front Stance/ Lower Block
- Right Stance/ Hammer Fist
- Front Stance/ Inner Body Block
- Inner Body Block
- Front Kick/ Front Stance/ Back Fist
- Inner Body Block
- Front Kick/ Front Stance/ Back Fist
- Inner Body Block
- Front Stance/ Back Fist
- Back Stance
- Single Knifehand Outside Block
- Front Stance/ Turning Elbow Strike
- Back Stance
- Single Knifehand Outside Block
- Front Stance/ Turning Elbow Strike
- Front Stance/ Lower Block
- Body Block
- Front Kick/ Front Stance
- Lower Block/ Body Block
- front Stance/ Upper Block
- Side Kick/ Hammer Fist
- Target Elbow Strike
- front Stance/ Upper Block
- Side Kick/ Hammer Fist
- Target Elbow Strike
- Front Stance/ Lower Block
- Body Block
- Front Kick
- Back Cross Stance/ Back Fist