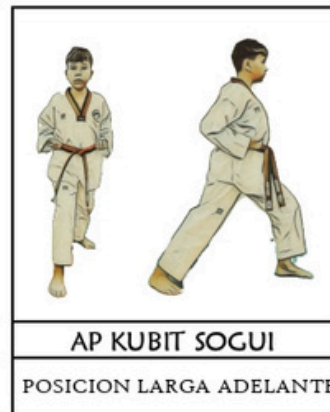
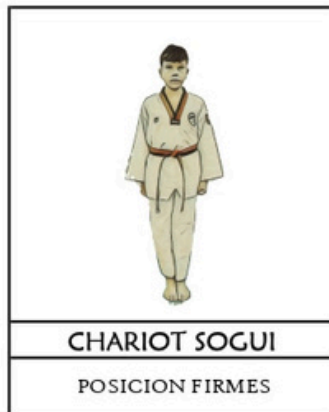
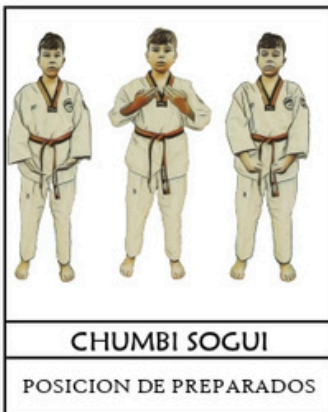


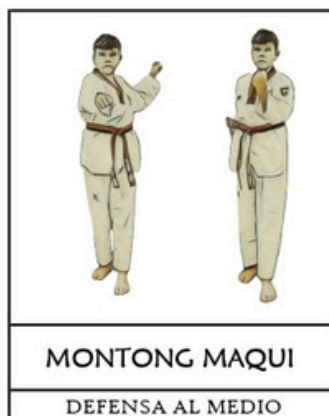
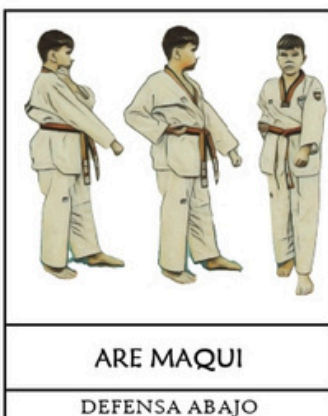


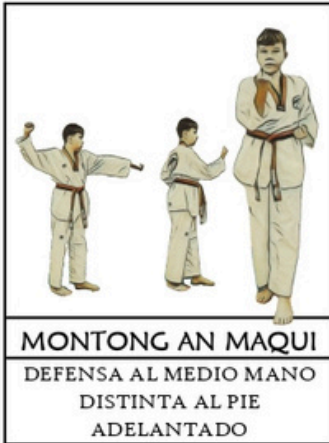
PROGRAMA DE EXAMEN CINTURON AMARILLO - NARANJA

SOGUIS: (POSICIONES)



SON KISUL MAQUI: (TECNICA DE DEFENSAS)





MONTONG AN MAQUI
 DEFENSA AL MEDIO MANO
 DISTINTA AL PIE
 ADELANTADO

SON KISUL GONGKIOK: (TECNICA DE ATAQUES)



MONTONG CHIRUGUI
 PUÑETAZO AL MEDIO



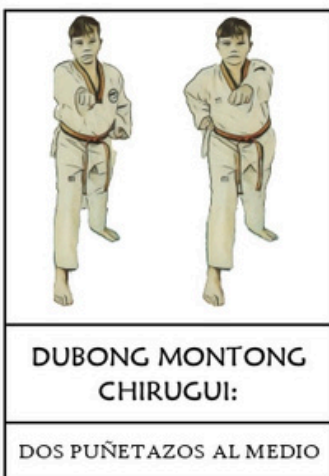
OLGUL CHIRUGUI
 PUÑETAZO A LA CARA



**MONTONG BANDE
 CHIRUGUI**
 PUÑETAZO AL MEDIO
 MISMA MANO AL PIE
 ADELANTADO



**MONTONG BARO
 CHIRUGUI:**
 PUÑETAZO AL MEDIO MANO
 CONTRARIA AL PIE
 ADELANTADO



**DUBONG MONTONG
 CHIRUGUI:**
 DOS PUÑETAZOS AL MEDIO

BAL KISUL: (TECNICA DE PIERNA)



AP CHAGUI

PATADA AL FRENTE



BANDAL CHAGUI

PATADA SEMICIRCULAR A LA CINTURA



DOLLYO CHAGUI

PATADA CIRCULAR A LA CARA



AP OLIGUI

ELEVACION DE PIERNA RECTA



YOP CHAGUI:

PATADA LATERAL CON EL CANTO DEL PIE



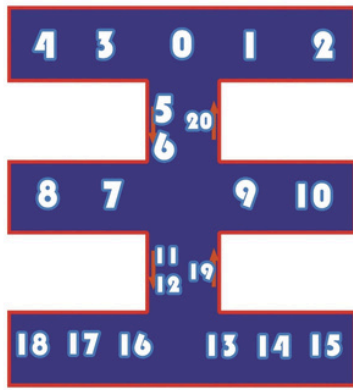
AN MIRO CHAGUI

PATADA FRONTAL EMPUJANDO CON EL PIE

CHUA SAYU CHIRUGUI: PIERNA IZDA ATRÁS (8 MOVIMIENTOS EN CRUZ) REALIZAMOS 4 ARE MAQUI Y 4 MONTONG BANDE CHIRUGUI.

OU SAYU CHIRUGUI:PIERNA DCHA ATRÁS (8 MOVIMIENTOS EN CRUZ) REALIZAMOS 4 ARE MAQUI Y 4 MONTONG BANDE CHIRUGUI.





Taeguk Il Chang

cielo y luz

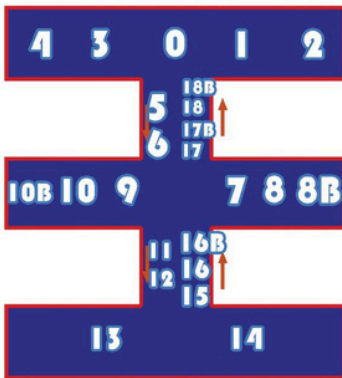
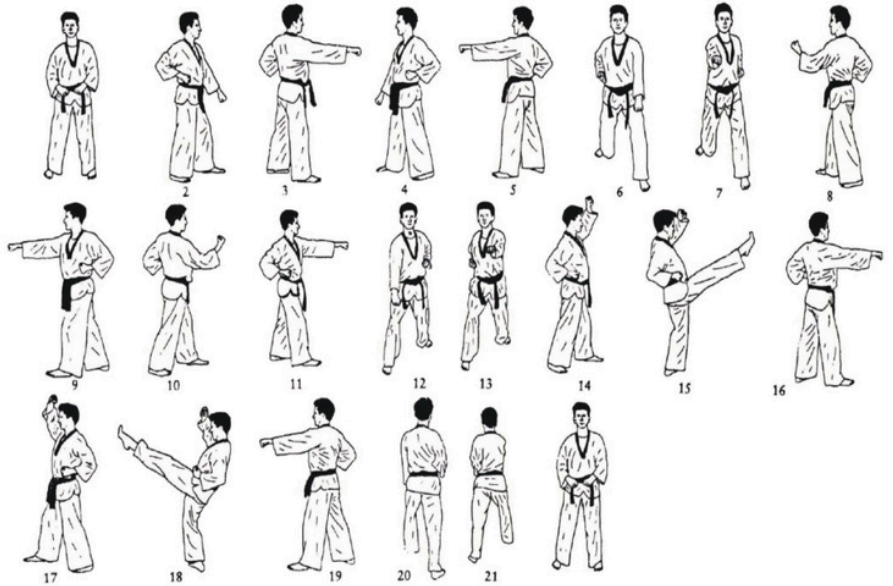
태극 일창



1º
POOMSAE

COMPOSICION DE MOVIMIENTOS

MOVIMIENTO	ACCION	POSE	TECNICA
1		Ap sogui	Are maki
2	2	Ap sogui	Montong bande jirugui
3	3	Ap sogui	Are maki
4	4	Ap sogui	Montong bande jirugui
5	5	Ap kubi sogui	Are maki
6	6	Ap kubi sogui	Montong baro jirugui
7	7	Ap sogui	Montong an maki
8	8	Ap sogui	Montong baro jirugui
9	9	Ap sogui	Montong an maki
10	10	Ap sogui	Montong baro jirugui
11	11	Ap kubi sogui	Are maki
12	12	Ap kubi sogui	Montong baro jirugui
13	13	Ap sogui	Olgul maki
14	14		Ap chagui
14B	15	Ap sogui	Montong bande jirugui
15	16	Ap sogui	Olgul maki
16	17		Ap chagui
16B	18	Ap sogui	Montong bande jirugui
17	19	Ap kubi sogui	Are maki
18	20	Ap kubi sogui	Montong bande jirugui - KIAP



Taeguk I Chang

alegria

태극 이창



2º
POOMSAE

COMPOSICION DE MOVIMIENTOS

MOVIMIENTO	ACCION	POSE	TECNICA
1		Ap sogui	Are maki
2	2	Ap kubi sogui	Montong bande jirugui
3	3	Ap sogui	Are maki
4	4	Ap kubi sogui	Montong bande jirugui
5	5	Ap sogui	Montong an maki
6	6	Ap sogui	Montong an maki
7	7	Ap sogui	Are maki
8	8		Ap chagui
8B	9	Ap kubi sogui	Olgul bande jirugui
9	10	Ap sogui	Are maki
10	11		Ap chagui
10B	12	Ap kubi sogui	Olgul bande jirugui
11	13	Ap sogui	Olgul maki
12	14	Ap sogui	Olgul maki
13	15	Ap sogui	Montong an maki
14	16	Ap sogui	Montong an maki
15	17	Ap sogui	Are maki
16	18		Ap chagui
16B	19	Ap sogui	Montong bande jirugui
17	20		Ap chagui
17B	21	Ap sogui	Montong bande jirugui
18	22		Ap chagui
18B	23	Ap sogui	Montong bande jirugui - KIAP

