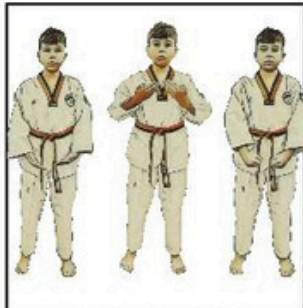




PROGRAMA DE EXAMEN CINTURON AZUL

SOGUIS: (POSICIONES)



CHUMBI SOGUI

POSICION DE PREPARADOS



CHARIOT SOGUI

POSICION FIRMES



AP KUBIT SOGUI

POSICION LARGA ADELANTE



CHUCHUM SOGUI

POSICION DE MONTAR A CABALLO



AP SOGUI

POSICION CORTA



TUIT KUBI SOGUI

POSICION ATRÁS TALONES FORMANDO ANGULO DE 90 GRADOS



PIONJI SOGUI

POSICION COMODA LOS PIES LIGERAMENTE ABIERTOS A LOS LADOS



TUIT KOA SOGUI:

POSICION CRUZANDO EL PIE POR DETRÁS



ORUN SOGUI:

GIRO A LA DERECHA 90º



UEN SOGUI:

GIRO A LA IZQUIERDA 90º



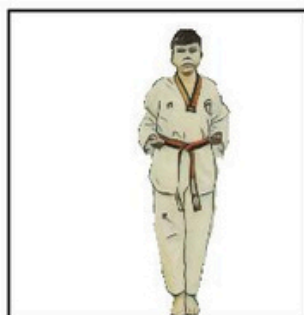
NARANJU SOGUI

PIES LIGERAMENTE ABIERTOS Y PARALELOS AL FRENTE.



BOM SOGUI:

POSICION DEL TIGRE



MOA SOGUI:

PIES JUNTOS



BO CHUMOK CHUMBI:

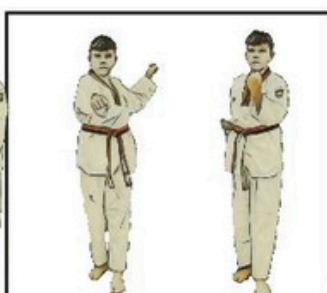
PIES JUNTOS Y LA MANO IZQUIERDA ENVUELVE LA DERECHA.

SON KISUL MAQUI: (TECNICA DE DEFENSAS)



ARE MAQUI

DEFENSA ABAJO



MONTONG MAQUI

DEFENSA AL MEDIO



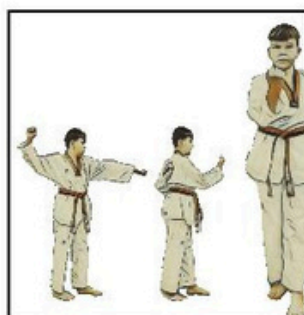
OLGUL MAQUI

DEFENSA ARRIBA



MONTONG BAKAT MAQUI

DEFENSA LATERAL



MONTONG AN MAQUI

DEFENSA AL MEDIO MANO DISTINTA AL PIE ADELANTADO



JAN SONNAL MONTONG BAKAT MAQUI

DEFENSA AL MEDIO CON EL CANTO DE LA MANO



SONNAL MONTONG MAQUI

DEFENSA LATERAL CON LAS MANOS ABIERTAS



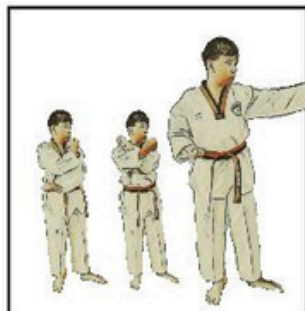
AN PALMOK MONTONG YOP MAQUI

DEFENSA LATERAL HACIA AFUERA CON EL LADO CUBITAL DEL BRAZO



SON KISUL GONGKIOK: (TECNICA DE ATAQUES)

| | | | |
|--|---|---|---|
| | | | |
| <p>MONTONG CHIRUGUI</p> | <p>OLGUL CHIRUGUI</p> | <p>MONTONG BANDE CHIRUGUI</p> | <p>MONTONG BARO CHIRUGUI</p> |
| <p>PUÑETAZO AL MEDIO</p> | <p>PUÑETAZO A LA CARA</p> | <p>PUÑETAZO AL MEDIO MISMA MANO AL PIE ADELANTADO</p> | <p>PUÑETAZO AL MEDIO MANO CONTRARIA AL PIE ADELANTADO</p> |
| | | | |
| <p>DUBONG MONTONG CHIRUGUI</p> | <p>SONNAL MOK CHIGUI</p> | <p>SONNAL AN CHIGUI</p> | <p>PION SON KUT SEUO JIRUGUI</p> |
| <p>DOS PUÑETAZOS AL MEDIO</p> | <p>ATAQUE AL CUELLO CON LA MANO ABIERTA</p> | <p>ATAQUE AL CUELLO CON LA MANO ABIERTA Y DISTINTA MANO AL PIE ADELANTADO</p> | <p>GOLPE CON EL DORSO DE LA MANO A LA CARA</p> |
| | | | |
| <p>DUNG CHUMOK APE CHIGUI</p> | <p>CHEBI PUM MOK CHIGUI</p> | <p>PALKUP DOLLIO CHIGUI</p> | <p>MONTONG PALKUP PIOCHOC CHIGUI</p> |
| <p>GOLPE CON EL DORSO DE LA MANO A LA CARA</p> | <p>ATAQUE Y DEFENSA A LA VEZ CON LAS MANOS ABIERTAS</p> | <p>GOLPE CON EL CODO CIRCULAR A LA CARA</p> | <p>GOLPE CON EL CODO A LA MANO EN FORMA DE DIANA</p> |



**ME CHUMOK NERIO
CHIGUI**

GOLPE DESCENDENTE
CON LA MANO EN FORMA
DE MARTILLO.



**GODURO DUNG
CHUMOK APE CHIGUI**

GOLPE CON EL DORSO DEL
PUÑO Y AYUDA DEL OTRO
BRAZO



**DUNG CHUMOK BAKAT
CHIGUI**

GOLPE CON EL DORSO DEL
PUÑO HACIA FUERA.



**DANKIO OLLYO MURUP
CHIGUI**

AGARRE Y GOLPE CON LA
RODILLA



**DU CHECHO
CHIRUGUI**

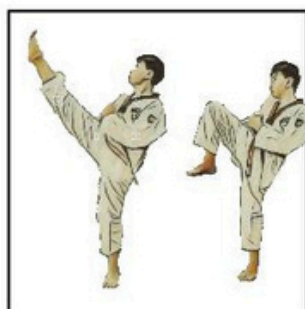
ATAQUE DOBLE A LAS
COSTILLAS.



YOP CHIRUGUI

PUÑETAZO AL LADO.

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



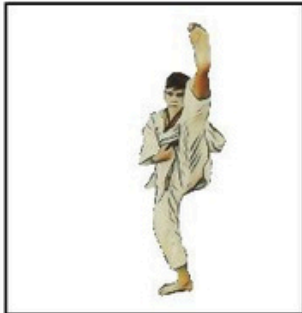
BAKAT DARI FURIGUI

CIRCULO CON LA PIerna RECTA HACIA FUERA



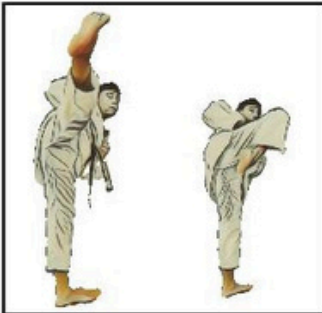
AN DARI FURIGUI

CIRCULO CON LA PIerna RECTA HACIA DENTRO



NERYO CHAGUI

PATADA HACIA ABAJO CON LA PIerna RECTA



NAKO CHAGUI

PATADA ENGANCHANDO



TUIT CHAGUI

PATADA HACIA ATRÁS CON EL TALON.



FURIO CHAGUI

PATADA ENGANHANDO CON LA PIerna TOTALMENTE ESTIRADA



PIOCHOC CHAGUI

GOLPE CON EL CANTO INTERNO Y PLANTA EN LA MANO EN FORMA DE DIANA

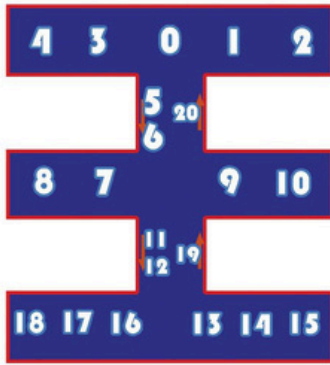


CHUA SAYU CHIRUGUI: PIERNA IZDA ATRÁS (8 MOVIMIENTOS EN CRUZ) REALIZAMOS 4 ARE MAQUI Y 4 MONTONG BANDE CHIRUGUI.

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

YOSOK DONG YA "COMBINACIÓN LIBRE": EL ALUMNO REALIZARA UNA COMBINACION DE DEFENSAS, ATAQUES, PATADAS Y POSICIONES A SU LIBRE ALBERDRÍO CON UN MÍMINO DE 20 MOVIMIENTOS EN FORMA DE PUMSE O LIBRE DE ATRÁS ADELANTE Y VICEVERSA QUEDANDO EN EL LUGAR DE INICIO AL TERMINAR LA COMBINACIÓN



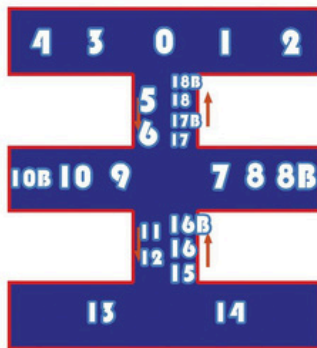
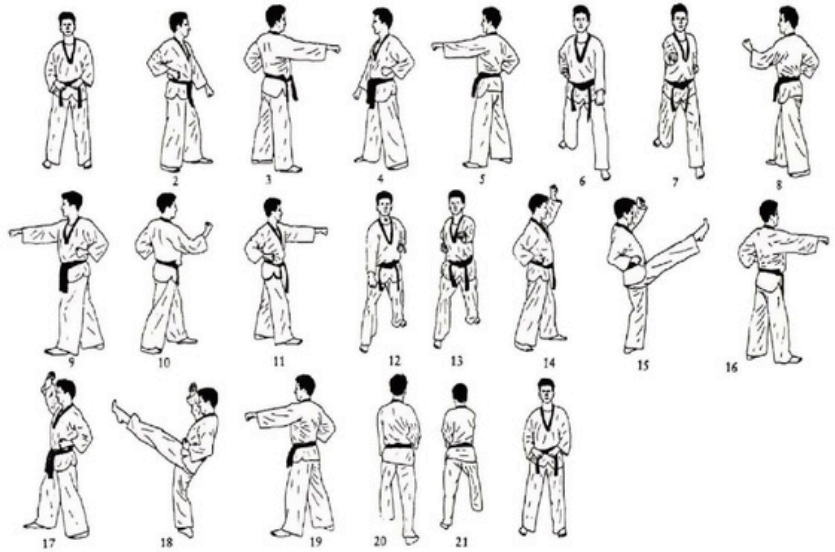


Taeguk Il Chang
cielo y luz
태극 일창



COMPOSICION DE MOVIMIENTOS

| MOVIMIENTO | ACCION | POSE | TECNICA |
|------------|--------|---------------|------------------------------|
| 1 | 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 | Ap chagui |
| 14B | 15 | Ap sogui | Montong bande jirugui |
| 15 | 16 | Ap sogui | Olgul maki |
| 16 | 17 | Ap chagui | 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 |



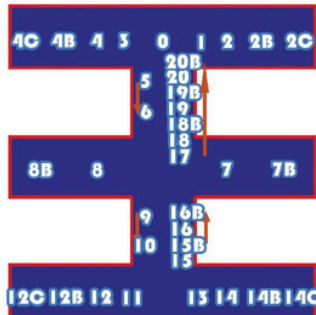
Taeguk I Chang
alegria
태극 이창



COMPOSICION DE MOVIMIENTOS

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





Taeguk Sam Chang fuego

태국 삼장

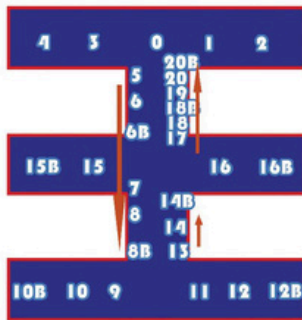
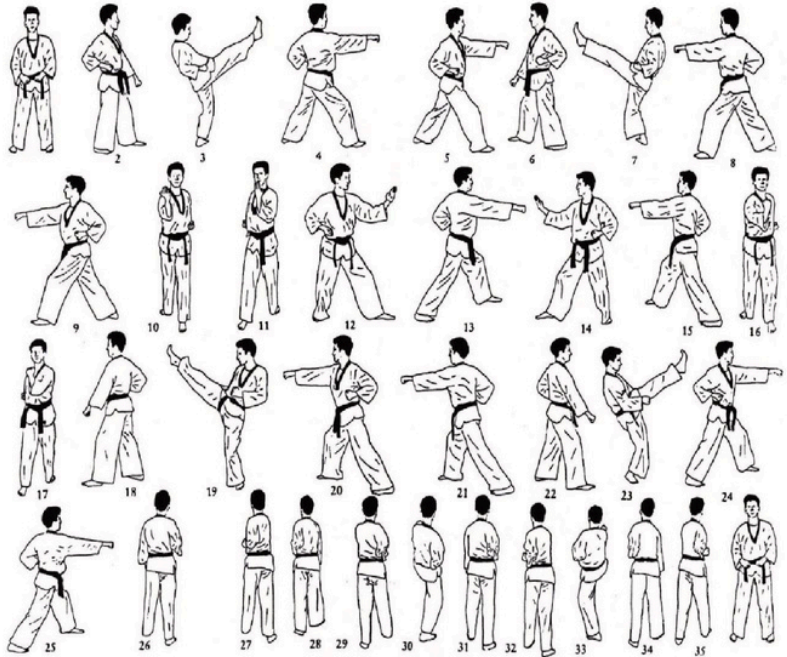
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리



3^o
POOMSAE

COMPOSICION DE MOVIMIENTOS

| MOVIMIENTO | ACCION | POSE | TECNICA |
|------------|--------|-----------------|------------------------------|
| 1 | 1 | Ap sogui | Are maki |
| 2 | 2 | | Ap chagui |
| 2B | 3 | Ap kubi sogui | Montong dubon jirugui |
| 2C | 4 | | |
| 3 | 5 | Ap sogui | Are maki |
| 4 | 6 | | Ap chagui |
| 4B | 7 | Ap kubi sogui | Montong dubo jirugui |
| 4C | 8 | | |
| 5 | 9 | Ap sogui | Sonnal mok an chigui |
| 6 | 10 | Ap sogui | Sonnal mok an chigui |
| 7 | 11 | Tuit kubi | jasonnal montong bajat maki |
| 7B | 12 | Ap kubi sogui | montong baro jirugui |
| 8 | 13 | Tuit kubi sogui | Jansonnal montong bakat maki |
| 8B | 14 | Ap kubi sogui | mongon baro jirugui |
| 9 | 15 | Ap sogui | montong an maki |
| 10 | 16 | Ap sogui | montong an maki |
| 11 | 17 | Ap sogui | Are maki |
| 12 | 18 | | Ap chagui |
| 12B | 19 | Ap kubi sogui | Montong dubon jirugui |
| 12C | 20 | | |
| 13 | 21 | Ap sogui | Are maki |
| 14 | 22 | | Ap chagui |
| 14B | 23 | Ap kubi sogui | Montong dubon jirugui |
| 14C | 24 | | |
| 15 | 25 | Ap sogui | Are maki |
| 15B | 26 | Ap sogui | Montong baro jirugui |
| 16 | 27 | Ap sogui | Are maki |
| 16B | 28 | Ap sogui | Montong baro jirugui |
| 17 | 29 | | Ap chagui |
| 18 | 30 | Ap sogui | Are maki |
| 18B | 31 | Ap sogui | montong baro jirugui |
| 19 | 32 | | Ap chagui |
| 20 | 33 | Ap sogui | Are maki |
| 20B | 34 | Ap sogui | montong baro jirugui KIAP |



Taeguk Sa Chang temor

태극 사장

JIN
진

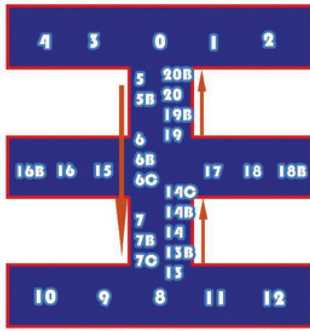


4^o
POOMSAE

COMPOSICION DE MOVIMIENTOS

| MOVIMIENTO | ACCION | POSE | TECNICA |
|------------|--------|-----------------|-----------------------------|
| 1 | 1 | Tuit kubi sogui | Sonnal montong maki |
| 2 | 2 | Ap kubi sogui | Pionson kut seo jirugui |
| 3 | 3 | Tuit kubi sogui | sonnal montong maki |
| 4 | 4 | Ap kubi sogui | Pionson kut seo jirugui |
| 5 | 5 | Ap kubi sogui | Chepum mok chigui |
| 6 | 6 | | Ap chagui |
| 6B | 7 | Ap kubi sogui | Montong baro jirugui |
| 7 | 8 | | Yop chagui |
| 8 | 9 | | Yop chagui |
| 8B | 10 | Tuit kubi | Sonnal montong maki |
| 9 | 11 | Tuit kubi | Montong bakat maki |
| 10 | 12 | | Ap chagui |
| 10B | 13 | Tuit kubi | Montong an maki |
| 11 | 14 | Tuit kubi | montong bakat maki |
| 12 | 15 | | Ap chagui |
| 12B | 16 | Tuit kubi | Montong an maki |
| 13 | 17 | Ap kubi sogui | Chepum mok chigui |
| 14 | 18 | | Ap chagui |
| 14B | 19 | Ap kubi sogui | Dung chumok apechigui |
| 15 | 20 | Ap sogui | Montong maki |
| 15B | 21 | Ap sogui | Montong baro jirugui |
| 16 | 22 | Ap sogui | Montong maki |
| 16B | 23 | Ap sogui | Montong baro jirugui |
| 17 | 24 | Ap kubi sogui | Montong maki |
| 18 | 25 | Ap kubi sogui | Montong dubong jirugui |
| 18B | 26 | Ap kubi sogui | - |
| 19 | 27 | Ap kubi sogui | Montong maki |
| 20 | 28 | Ap kubi sogui | montong dubong jirugui KIAP |
| 20B | 29 | Ap kubi sogui | - |



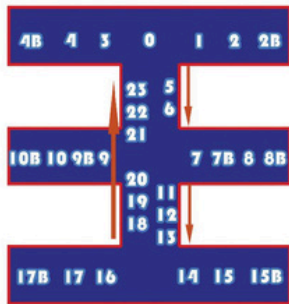
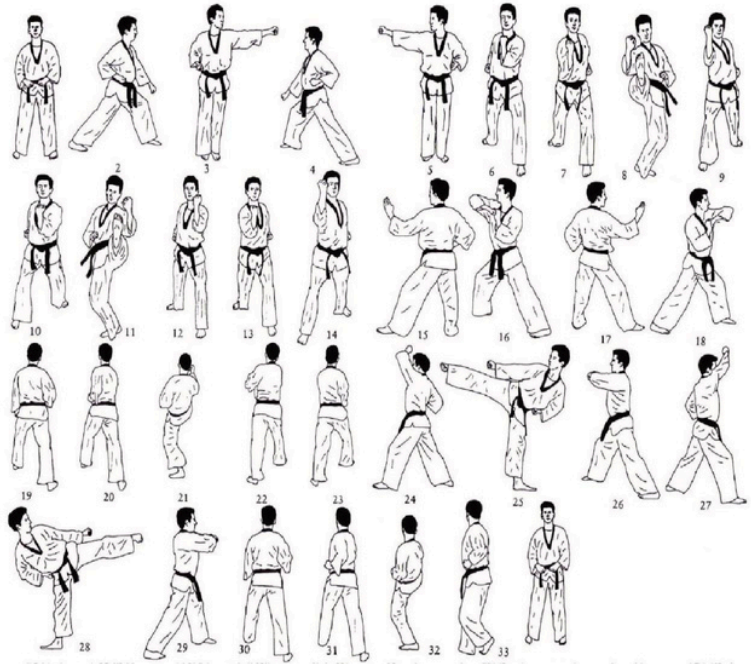


Taeguk Oh Chang
viento
태국 오장



5^o
POOMSAE

| MOVIMIENTO | ACCION | POSE | TECNICA |
|------------|--------|----------------|-------------------------------|
| 1 | | Ap kubi sogui | Are maki |
| 2 | 2 | Uen sogui | Me chumok meryo yop chigui |
| 3 | 3 | Ap kubi sogui | Are maki |
| 4 | 4 | Orun sogui | Me chumok neryo yop chigui |
| 5 | 5 | Ap kubi sogui | Dubong Montong maki |
| 5B | 6 | | |
| 6 | 7 | | Ap chagui |
| 6B | 8 | Ap kubi sogui | Dung chumok apechigui |
| 6C | 9 | Ap kubi sogui | Montong an maki |
| 7 | 10 | | Ap chagui |
| 7B | 11 | Ap kubi sogui | Dung chumok apechigui |
| 7C | 12 | Ap kubi sogui | Montong an maki |
| 8 | 13 | Ap kubi sogui | Dung chumok apechigui |
| 9 | 14 | Tuit kubi | Jansonnal montong bakat maki |
| 10 | 15 | Ap kubi sogui | Palkup dollyo chigui |
| 11 | 16 | Tuit kubi | Jansonnal montong bakat maki |
| 12 | 17 | Ap kubi sogui | Palkup dollyo chigui |
| 13 | 18 | Ap kubi sogui | Are maki |
| 13B | 19 | Ap kubi sogui | Montong an maki |
| 14 | 20 | | Ap chagui |
| 14B | 21 | Ap kubi sogui | Are maki |
| 14C | 22 | Ap kubi sogui | Montong an maki |
| 15 | 23 | Ap kubi sogui | Olgul maki |
| 16 | 24 | | Yop chagui |
| 16B | 25 | Ap kubi sogui | Montong piochok palkup chigui |
| 17 | 26 | Ap kubi sogui | Olgul maki |
| 18 | 27 | | Yop chagui |
| 18B | 28 | Ap kubi sogui | Montong piochok palkup chigui |
| 19 | 29 | Ap kubi sogui | Are maki |
| 19B | 30 | Ap kubi sogui | Montong an maki |
| 20 | 31 | | Ap chagui |
| 20B | 32 | Tuit koa sogui | Dung chumok apechigui -KIAP |



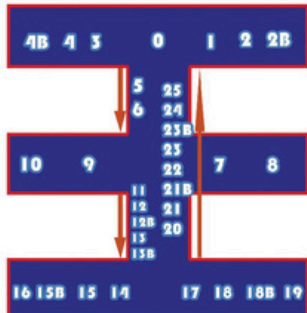
Taeguk Yuk Chang
agua
태극 육장



6^o
POOMSAE

| MOVIMIENTO | ACCION | POSE | TECNICA |
|------------|--------|-----------------|-----------------------------------|
| 1 | 1 | Ap kubi sogui | Are maki |
| 2 | 2 | | Ap chagui |
| 2B | 3 | Tuit kubi | Montong bakat maki |
| 3 | 4 | Ap kubi sogui | Are maki |
| 4 | 5 | | Ap chagui |
| 4B | 6 | Tuit kubi sogui | Montong bakat maki |
| 5 | 7 | Ap kubi sogui | Bituro jansonnal olgul bakat maki |
| 6 | 8 | | Dollyo chagui |
| 7 | 9 | Ap kubi sogui | Olgul bakat maki |
| 7B | 10 | Ap kubi sogui | Montong baro jirugui |
| 8 | 11 | | Ap chagui |
| 8B | 12 | Ap kubi sogui | Montogn baro jirugui |
| 9 | 13 | Ap kubi sogui | Olgul bakat maki |
| 9B | 14 | Ap kubi sogui | Montong baro jirugui |
| 10 | 15 | | Ap chagui |
| 10B | 16 | Ap kubi sogui | Montong baro jirugui |
| 11 | 17 | Naranji sogui | Gechio are maki |
| 12 | 18 | Ap kubi sogui | Bituro jansonnal olgul bakat maki |
| 13 | 19 | | Dollyo chagui - KIAP |
| 14 | 20 | Ap kubi sogui | Are maki |
| 15 | 21 | | Ap chagui |
| 15B | 22 | Tuit kubi sogui | Montong bakat maki |
| 16 | 23 | Ap kubi sogui | Are maki |
| 17 | 24 | | Ap chagui |
| 17B | 25 | Tuit kubi sogui | Montong bakat maki |
| 18 | 26 | Tuit kubi sogui | Sonnal montong maki |
| 19 | 27 | Tuit kubi sogui | Sonnal montong maki |
| 20 | 28 | Ap kubi sogui | Batagson montong maki |
| 21 | 29 | Ap kubi sogui | Montong baro jirugui |
| 22 | 30 | Ap kubi sogui | Batagson montong maki |
| 23 | 31 | Ap kubi sogui | Montong baro jirugui -KIAP |





Taeguk Chil Chang
montaña
태국 칠장



7º
POOMSAE

| COMPOSICION DE MOVIMIENTOS | | |
|----------------------------|--------|----------------------------------|
| MOVIMIENTO | ACCION | TECNICA |
| 1 | 1 | Bom sogui |
| 2 | 2 | Batagsong montogn an maki |
| 2B | 3 | Ap chagui |
| 3 | 4 | Montong maki |
| 4 | 5 | Batagsong montong an maki |
| 4B | 6 | Ap chagui |
| 5 | 7 | Montong maki |
| 6 | 8 | Tuit kubi sogui |
| 7 | 9 | Sonnal are maki |
| 8 | 10 | Bom sogui |
| 9 | 11 | Goduro batagsong montong an maki |
| 10 | 12 | Goduro dung chumok apechigui |
| 11 | 13 | Goduro dung chumok apechigui |
| 12 | 14 | Moa sogui |
| 12B | 15 | Bo chumok chumbi |
| 13 | 16 | Ap kubi sogui |
| 13B | 17 | Dubong gawi maki |
| 14 | 18 | Dubong gawi maki |
| 15 | 19 | Gecho mongong maki |
| 15B | 20 | Dangkio ollyo murup chigui |
| 16 | 21 | Du checho jirugui |
| 17 | 22 | Du checho jirugui |
| 18 | 23 | Okgoro are maki |
| 18B | 24 | Dung chumok bakat chigui |
| 19 | 25 | Prochok chagui |
| 20 | 26 | Montong piochok palkup chigui |
| 21 | 27 | Dung chumok bakat chigui |
| 22 | 28 | Prochok chiagui |
| 23 | 29 | Montong piochiok palkup chigui |
| 23B | 30 | Prochok chagui |
| 24 | 31 | Montong piochok palkup chigui |
| 24B | 32 | Jansonnal montong yop maki |
| 25 | 33 | Yop jirugui -KIAP |

