



PROGRAMA DE EXAMEN CINTURON

VERDE

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 90°

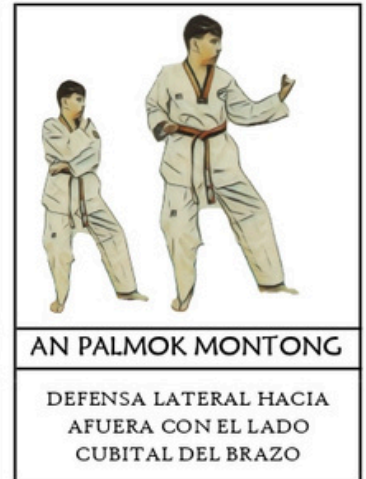
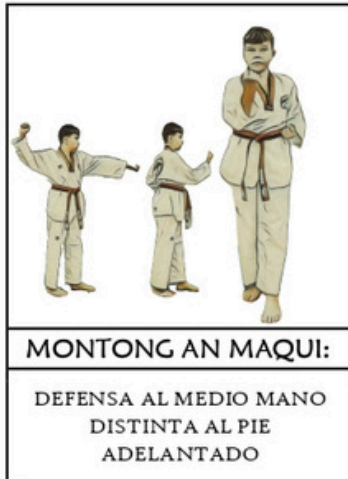
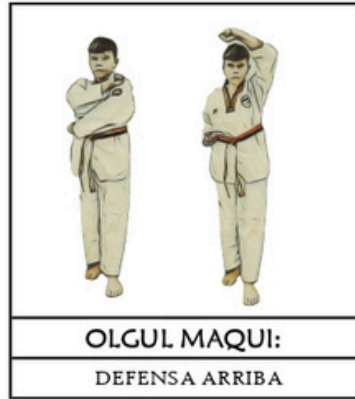
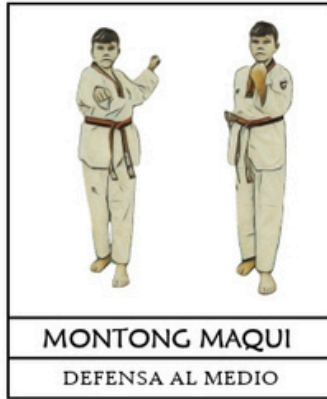
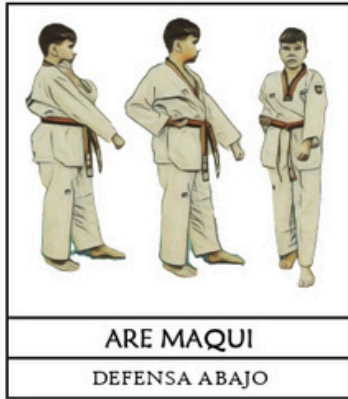


UEN SOGUI:

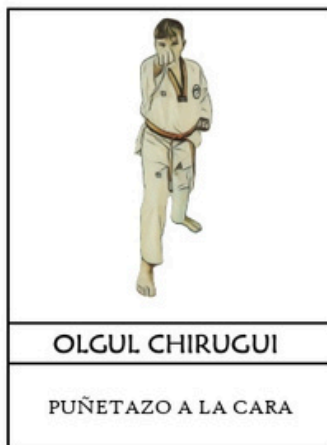
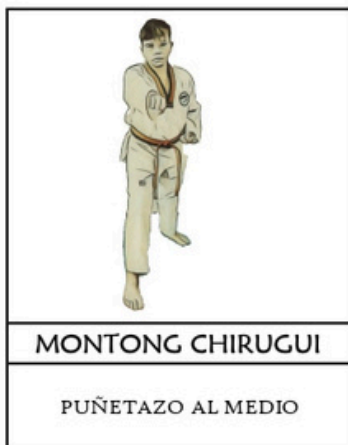
GIRO A LA IZQUIERDA 90°

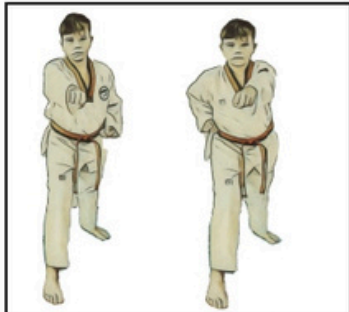


SON KISUL MAQUI: (TECNICA DE DEFENSAS)



SON KISUL GONGKIOK: (TECNICA DE ATAQUES)





DUBONG MONTONG

DOS PUÑETAZOS AL MEDIO



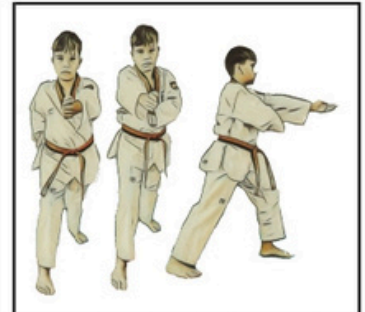
SONNAL MOK CHIGUI

ATAQUE AL CUELLO CON LA MANO ABIERTA



SONNAL AN CHIGUI

ATAQUE AL CUELLO CON LA MANO ABIERTA Y DISTINTA MANO AL PIE ADELANTADO



PION SON KUT SEUO

GOLPE CON EL DORSO DE LA MANO A LA CARA



DUNG CHUMOK APE

GOLPE CON EL DORSO DE LA MANO A LA CARA



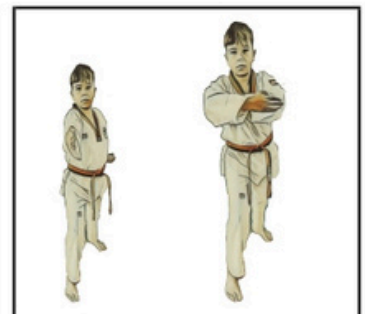
CHEBI PUM MOK

ATAQUE Y DEFENSA A LA VEZ CON LAS MANOS ABIERTAS



PALKUP DOLLIO CHIGUI:

GOLPE CON EL CODO CIRCULAR A LA CARA



MONTONG PALKUP

GOLPE CON EL CODO A LA MANO EN FORMA DE DIANA

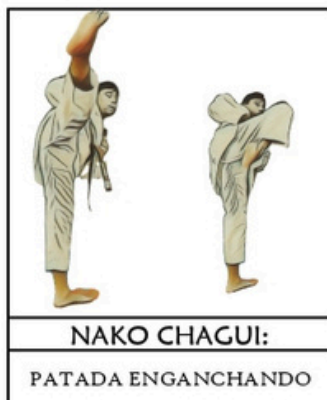
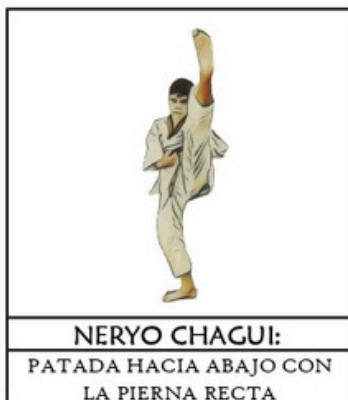
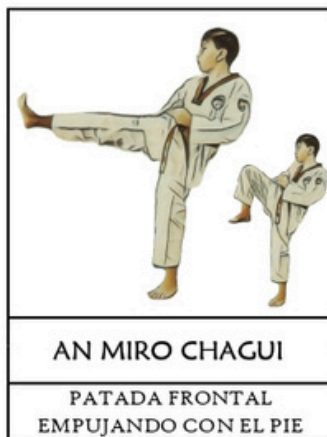
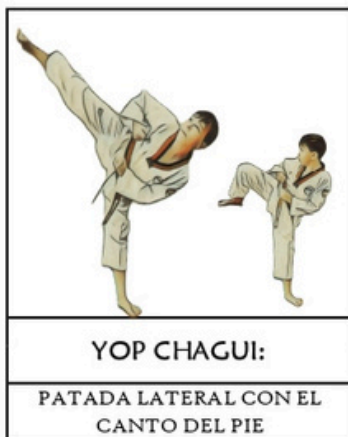
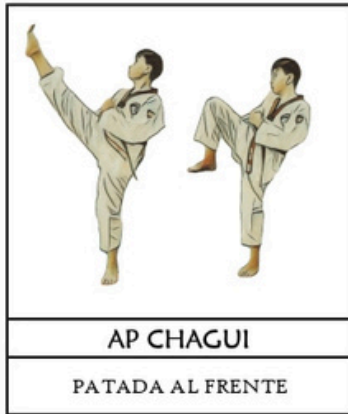


ME CHUMOK NERIO

GOLPE DESCENDENTE CON LA MANO EN FORMA DE MARTILLO.



BAL KISUL: (TECNICA DE PIERNA)



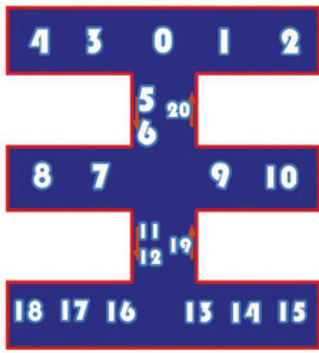


CHUA SAYU CHIRUGUI: PIERNA IZDA ATRÁS (8 MOVIMIENTOS EN CRUZ) REALIZAMOS 4 ARE MAQUI Y 4 MONTONG BANDE CHIRUGUI.

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



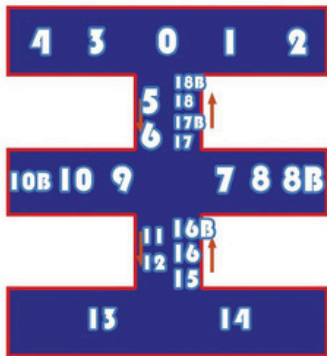
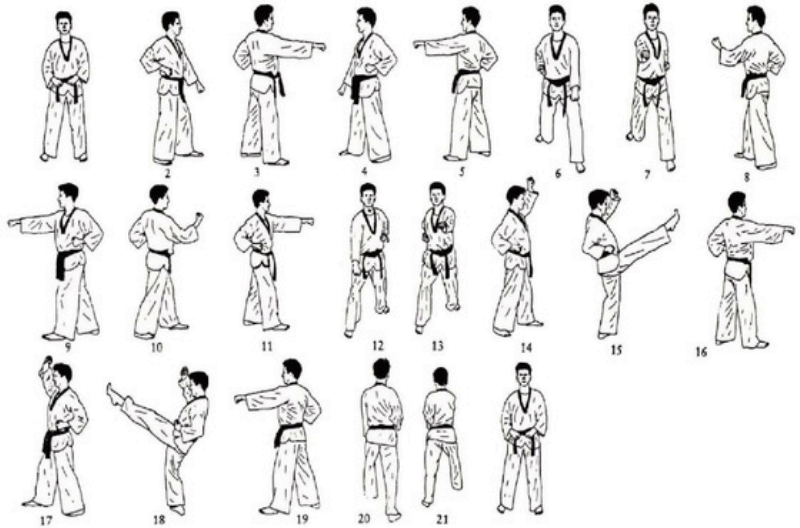


Taeguk Il Chang
cielo y luz
태극 일창



COMPOSICION DE MOVIMIENTOS

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



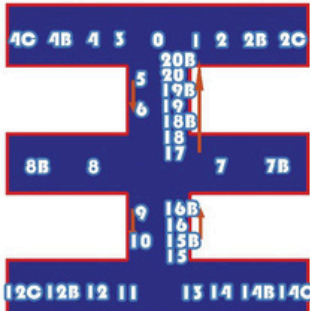
Taeguk I Chang
alegria
태극 이창



COMPOSICION DE MOVIMIENTOS

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





Taeguk Sam Chang

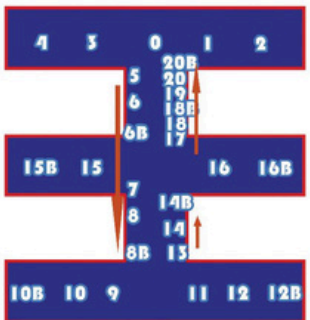
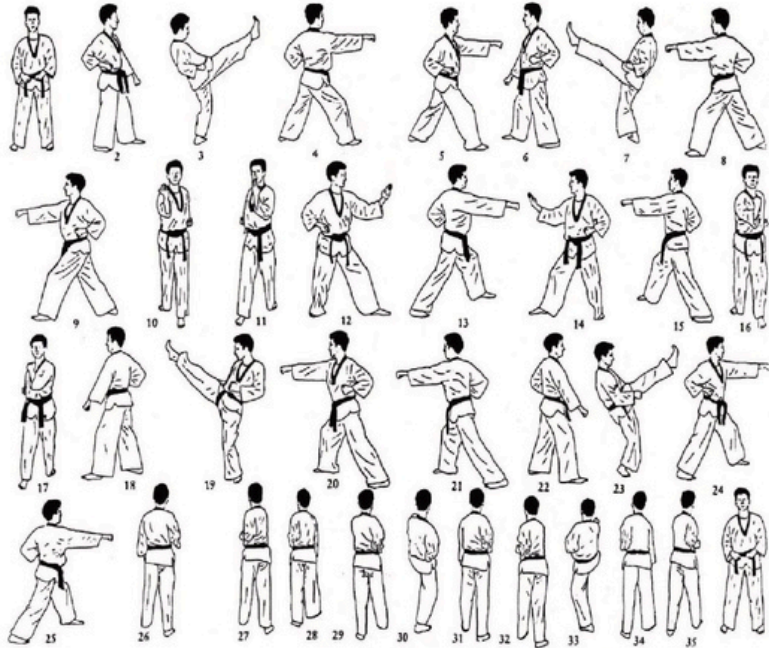
fuego

태국 삼장



3^o
POOMSAE

MOVIMIENTO	ACCION	POSE	TECNICA
1	1	Ap sogui	Are maki
2	2	Ap chagui	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

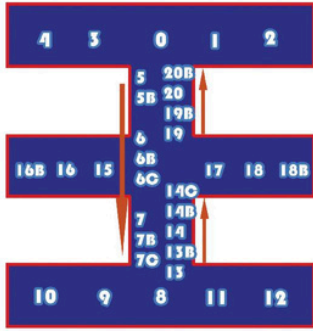
태극 사장



4^o
POOMSAE

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	Motong an maki
13	17	Ap kubi sogui	Cheppum 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

태국 오장



5단
POUMSAE

COMPOSICION DE MOVIMIENTOS

MOVIMIENTO	ACCION	POSE	TECNICA
1	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 dolyo chigui
11	16	Tuit kubi	Jansonnal montong bakat maki
12	17	Ap kubi sogui	Palkup dolyo 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	Olgui maki
16	24		Yop chagui
16B	25	Ap kubi sogui	Montong piochok palkup chigui
17	26	Ap kubi sogui	Olgui 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

