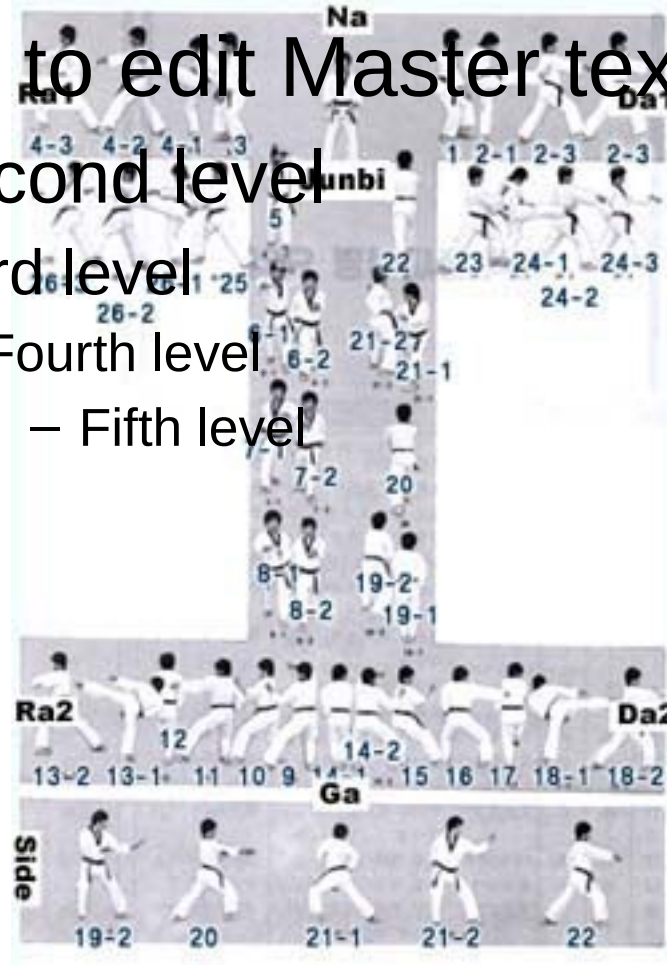


Poomsae Taebaek

- Click to edit Master text styles
 - Second level
 - Third level
 - Fourth level
 - Fifth level



Poomsae Taebaek

- Junbi Naranhi-seogi Kibon junbi-seogi
 1. Wen beom-seogi Sonnal area hecho-maki
 2. Oreun apkubi ap-chagi Momtong dubeon-jireugi
 3. Oreun beom-seogi Sonnal area hecho-makki
 4. wen apkubi ap-chagi Momtong dubeon-jireugi
 5. Jebi-poom mok-chigi
 6. Oreun apkubi Momtong baro-jireugi
 7. wen apkubi
 8. Oreun apkubi Momtong baro-jireugi, kihap
 9. oreun Keumgang momtong-makki
 10. Dangkyo teok-jireugi

11. Yop-jireugi
12. Oreun hakdari seogi Jageun doltzeogwi
13. wen apkubi yop-chagi, Palkup pyojeok-chigi
14. wen apkubi modumba Keumgang momtong-makki
15. Dangkyo teok-jireugi
16. Wen hakdari-seogi Jageun doltzeogwi
17. Oreun apkubi you-chagi Palkup pyojeok-chigi
18. Oreun dwitkubi modumball Sonnal momtong-makki
19. Oreun apkubi nullo-makki Pyonsonkkeut sewo-tzireugi
20. Oreun dwitkubi Deungjumeok bakkat-chigi

21. Oreun dwitkubi Deungjumeok bakkat-chigi
 22. Oreun apkubi Momtong bandae-jireugi,
kihap
 23. Wen apkubi Kawi-makki
 24. Oreun apkubi ap-chagi Momtong dubeon-
jireugi
 25. Oreun apkubi Kawi-makki
 26. Wen apkubi . ap-chagi Momtong dubeon-
jireugi
- Keuman Naranhi seogi Kibon junbi-seogi