

TAEGEUK YI JANG 2



READY 1 2 3 4 5 6 7 8A

8B 9 10A 10B 11 12 13 14

15 15 FRONT 16A 16A FRONT 16B 16B FRONT 17A 17A FRONT

17B 17B FRONT 18A 18A FRONT 18B 18B FRONT STOP

“TAEGEUK YI JANG 2”

INSIDE STRONG OUTSIDE FRAGILE
(18 Motions, 5 Kicks, 7 Punches, 1 Ki-Up)

STANCE

MOVEMENT

| | |
|---------------------|-------------------------------------|
| 1. Ap seogi | Arae Makki |
| 2. Ap koobi | Momtong Bandae Jireugi |
| 3. Ap seogi | Arae Makki |
| 4. Ap koobi | Momtong Bandae Jireugi |
| 5. Ap seogi | Palmok Momtong Makki |
| 6. Ap seogi | Palmok Momtong Makki |
| 7. Ap seogi | Arae Makki |
| 8a | Ap Chagi |
| 8b Ap koobi | Eolgool Bandae Jireugi |
| 9. Ap seogi | Arae Makki |
| 10a | Ap Chagi |
| 10b Ap koobi | Eolgool Bandae Jireugi |
| 11. Ap seogi | Eolgool Makki |
| 12. Ap seogi | Eolgool Makki |
| 13. Ap seogi | Palmok Momtong Makki |
| 14. Ap seogi | Palmok Momtong Makki |
| 15. Ap seogi | Arae Makki |
| 16a | Ap Chagi |
| 16b Ap seogi | Momtong Bandae Jireugi |
| 17a | Ap Chagi |
| 17b Ap seogi | Momtong Bandae Jireugi |
| 18a | Ap Chagi |
| 18b Ap seogi | Momtong Bandae Jireugi KI-UP |