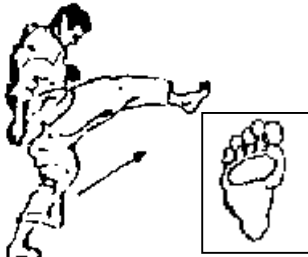
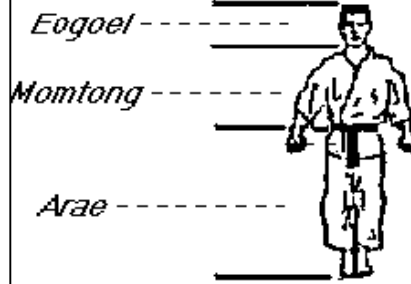




Zone's van het lichaam.



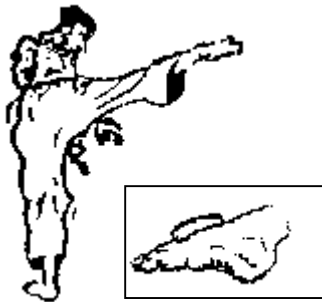
Voorwaartse trap  
**Ap chagi**



Lage afweer  
**Area Makki**



Loop stand  
**Ap Seogi**



Rondwaartse trap  
**Dolleyo Chagi**



Midden Afweer  
**Momtong Makki**



Lange stand  
**Apkoobi Seogi**



Midden Stoot  
**Momtong Jireugi**



Hoge Afweer  
**Eogool Makki**



Paardrij stand  
**Joomchoom Seogi**