

TÆGEUK 1 IL JANG**KOREAN**

1. Ap Seogi/ Arae Makki
2. Ap Seogi/ Montong Jurugi
3. Ap Seogi/ Arae Makki
4. Ap Seogi/ Montong Jurugi
5. Ap Gubi/ Area Makki
6. Montong Jurugi
7. Ap Seogi/ Montong Makki
8. Ap Seogi/ Montong Jurugi
9. Ap Seogi/ Montong Makki
10. Ap Seogi/ Montong Jurugi
11. Ap Gubi/ Area Makki
12. Montong Jurugi
13. Ap Seogi/ Olgal Makki
14. Ap Chagi
15. Ap Seogi/ Montong Jurugi
16. Ap Seogi/ Olgal Makki
17. Ap Chagi
18. Ap Seogi/ Montong Jurugi
19. Ap Gubi/ Area Makki
20. Ap Gubi/ Montong Jurugi

ENGLISH

- Walking Stance/ Lower Block
Walking Stance/ Body Punch
Walking Stance/ Lower Block
Walking Stance/ Body Punch
Front Stance/ Lower Block
Body Punch
Walking Stance/ Inside Body Block
Walking Stance/ Body Punch
Walking Stance/ Inside Body Block
Walking Stance/ Body Punch
Front Stance/ Lower Block
Body Punch
Walking Stance/ Upper Block
Front Kick
Walking Stance/ Body Punch
Walking Stance/ Upper Block
Front Kick
Walking Stance/ Body Punch
Front Stance/ Lower Block
Front Stance/ Body Punch