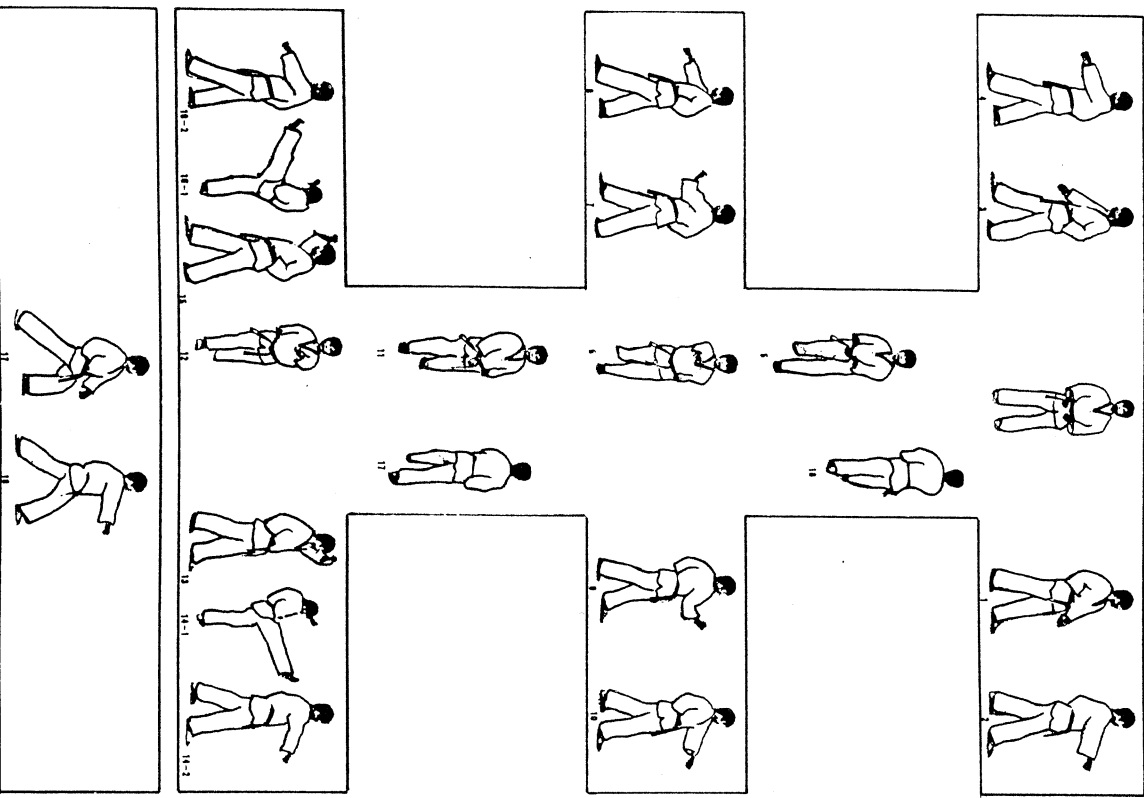


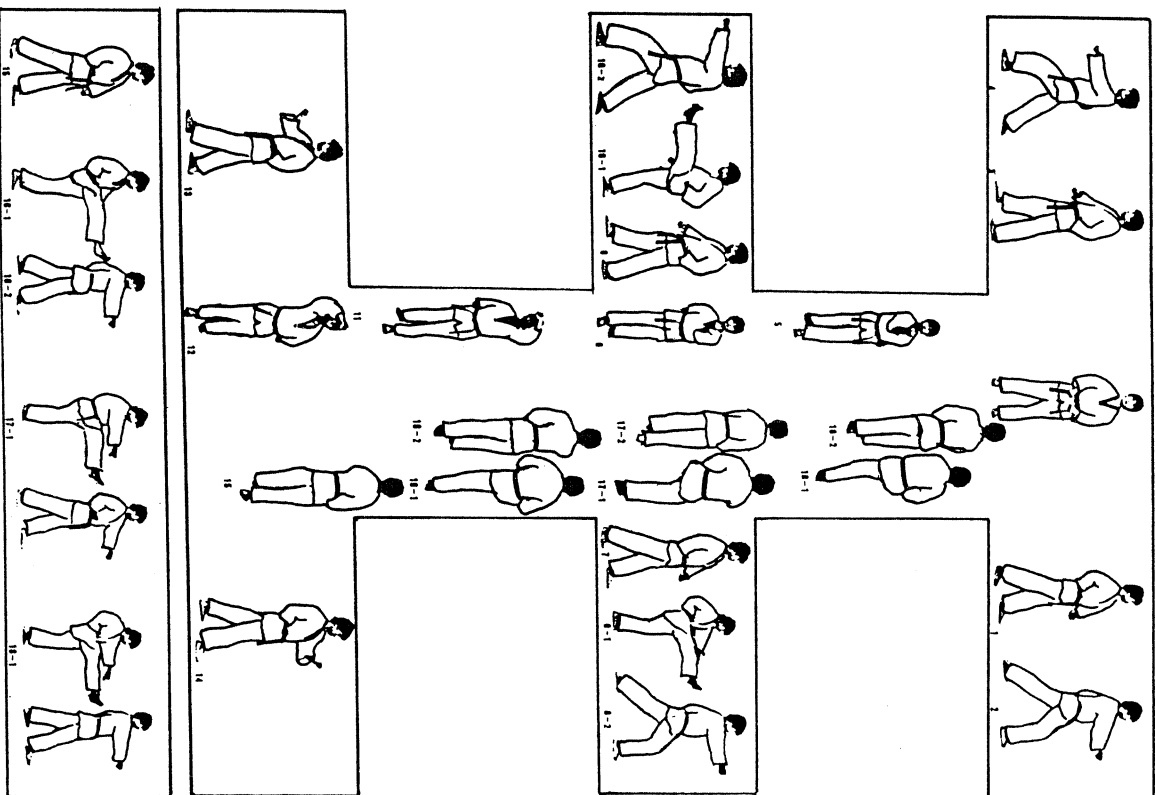
TAEGEUK I JANG



TAEGEUK I JANG

- Joonbi
1. Oen ap seogi - Arae makki
 2. Oreun ap seogi - Momtong bandae jireugi
 3. Oreun ap seogi - Arae makki
 4. Oen ap seogi - Momtong bandae jireugi
 5. Oen ap koobi - Arae makki
 6. Oen ap koobi - Momtong baro jireugi
 7. Oreun ap seogi - Momtong an makki
 8. Oen ap seogi - Momtong baro jireugi
 9. Oen ap seogi - Momtong an makki
 10. Oreun ap seogi - Momtong baro jireugi
 11. Oreun ap koobi - Arae makki
 12. Oreun ap koobi - Momtong baro jireugi
 13. Oen ap seogi - Eolgool makki
 14. Oreun ap seogi - Apchagi, Momtong bandae jireugi
 15. Oreun ap seogi - Eolgool makki
 16. Oen ap seogi - Apchagi, Momtong bandae jireugi
 17. Oen ap koobi - Arae makki
 18. Oreun ap koobi - Momtong bandae jireugi (Ki hap)
- Joonbi (pull up your left foot)

TAEGEUK 2 JANG

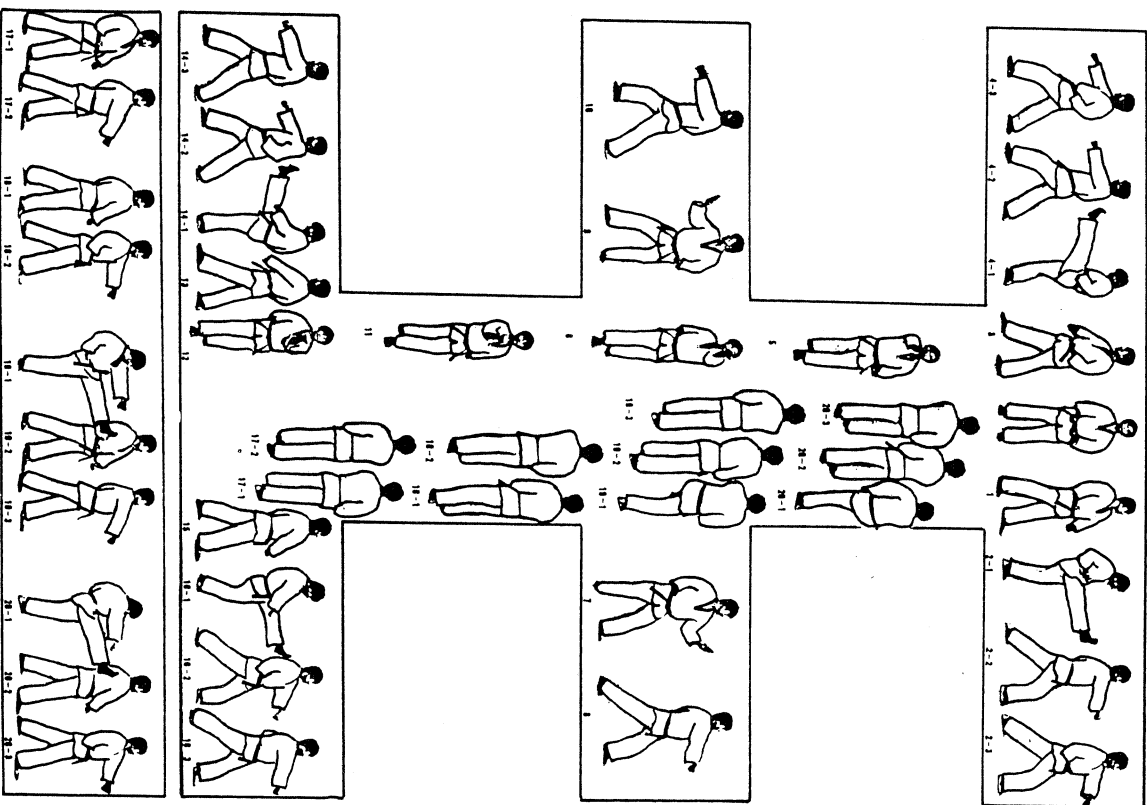


TAEGEUK 2 JANG

Joonbi

1. Oen ap seogi - Arae makki
2. Oreun ap koobi - Momtong bandae jireugi
3. Oreun ap seogi - Arae makki
4. Oen ap koobi - Momtong bandae jireugi
5. Oen ap seogi - Momtong an makki
6. Oreun ap seogi - Momtong an makki
7. Oen ap seogi - Arae makki
8. Oreun ap koobi - Oreunbal apchago eolgool bandae jireugi
9. Oreun ap seogi - Arae makki
10. Oen ap koobi - Oenbal apchago eolgool bandae jireugi
11. Oen ap seogi - Eolgool makki
12. Oreun ap seogi - Eolgool makki
13. Oen ap seogi - Momtong an makki
14. Oreun ap seogi - Momtong an makki
15. Oen ap seogi - Arae makki
16. Oreun ap seogi - Oreunbal apchago momtong bandae jireugi
17. Oen ap seogi - Oenbal apchago momtong bandae jireugi
18. Oreun ap seogi - Oreunbal apchago momtong bandae jireugi (ki hap)
Joonbi (pull up your left foot)

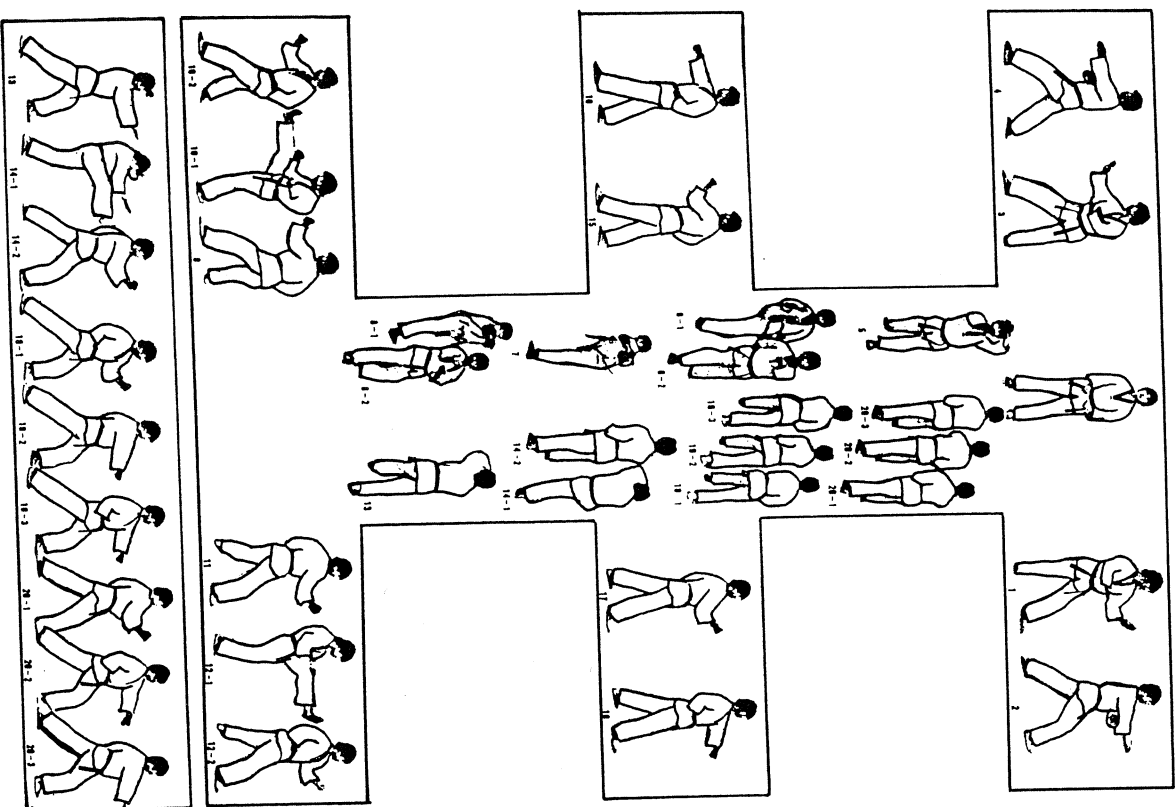
TAEGEUK 3 JANG



TAEGEUK 3 JANG

1. Joonbi
Oen ap seogi - Arae makki
2. Orenun ap koobi - Oreunbal apchagi, Momtong doobeon jireugi (fast)
3. Oreun ap seogi - Arae makki
4. Oen ap koobi - Oenbal apchagi, Momtong doobeon jireugi (fast)
5. Oen ap seogi - Oreun sonn'al an mokchigi
6. Oreun ap seogi - Oen sonn'al an mokchigi
7. Oreun duit koobi - Han sonn'al momtong bakat makki
8. Oen ap koobi - Momtong baro jireugi
9. Oen duit koobi - Han sonn'al momtong bakat makki
10. Oreun ap koobi - Momtong baro jireugi
11. Oen ap seogi - Momtong an makki
12. Oreun ap seogi - Momtong an makki
13. Oen ap seogi - Arae makki
14. Oreun ap koobi - Oreunbal apchagi, Momtong doobeon jireugi (fast)
15. Oreun ap seogi - Arae makki
16. Oen ap koobi - Oenbal apchagi, Momtong doobeon jireugi (fast)
17. Oen ap seogi - Arae makko momtong baro jireugi (fast)
18. Oreun ap seogi - Arae makko momtong baro jireugi (fast)
19. Oen ap seogi - Oenbal apchagi, Arae makko momtong baro jireugi (fast)
20. Oreun ap seogi - Oreunbal apchagi, Arae makko momtong baro jireugi (ki hap)
Joonbi (pull up your left foot)

TAEGEUK 4 JANG

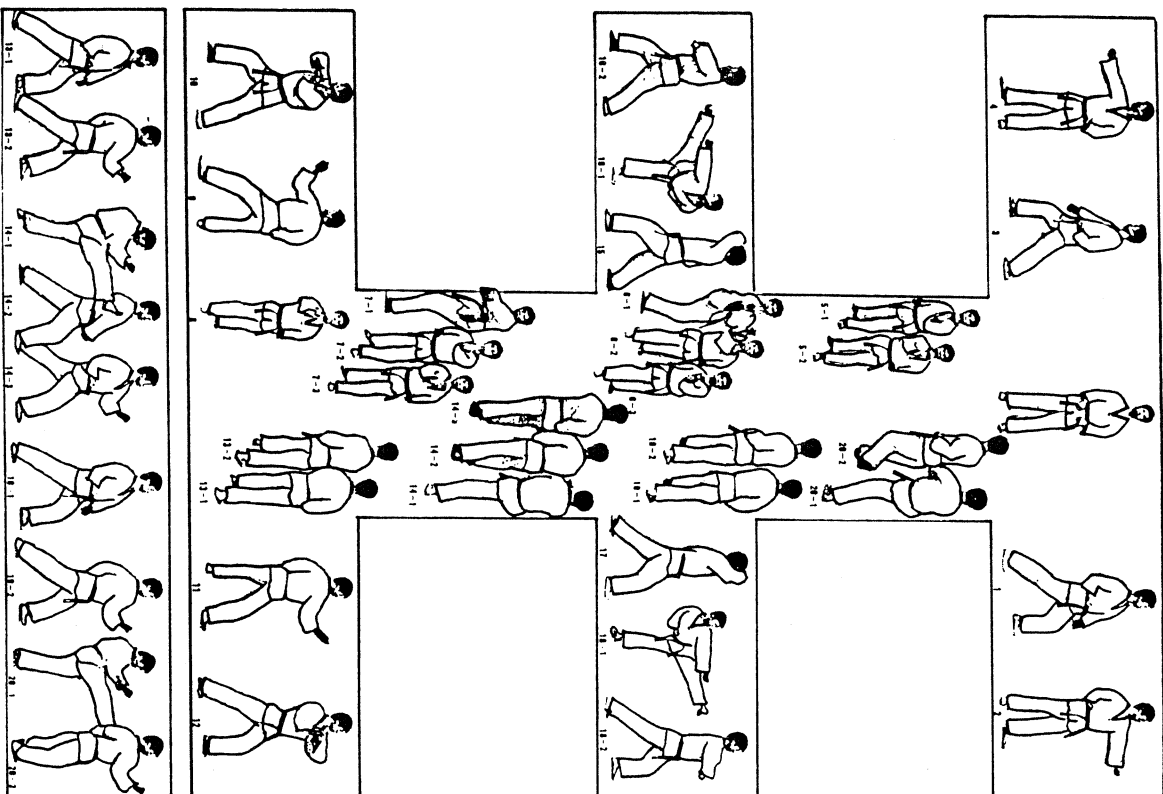


TAEGEUK 4 JANG

Joonbi

1. Oreun duit koobi - Sonnal momtong makki
 2. Oreun ap koobi - Pyon sonkeut sewo chireugi
 3. Oen duit koobi - Sonnal momtong makki
 4. Oen ap koobi - Pyon sonkeut sewo chireugi
 5. Oen ap koobi - Jaebipoom somnal mokchigi
 6. Oreun ap koobi - Oreunbal apchago momtong baro jireugi
 7. Oen duit koobi - Oen yeopchagi (without stretched fist), Oreunbal yeop chago somnal momtong makki (without stretched fist)
 8. Oreun duit koobi - Bakat palmok momtong bakat makki
 9. Oreun duit koobi - Oreunbal apchago an palmok momtong an makki
 10. Oen duit koobi - Bakat palmok momtong bakat makki
 11. Oen duit koobi - Oenbal apchago an palmok momtong an makki
 12. Oen ap koobi - Jaebipoom somnal mokchigi
 13. Oreun ap koobi - Oreunbal apchago deung joomeok eolgool apchigi
 14. Oen ap seogi - Momtong an makki
 15. Oen ap seogi - Momtong baro jireugi (fast)
 16. Oreun ap seogi - Momtong an makki
 17. Oreun ap seogi - Momtong baro jireugi (fast)
 18. Oen ap koobi - Momtong an makko momtong dooboon jireugi (fast)
 19. Oreun ap koobi - Momtong an makko momtong dooboon jireugi (fast, ki hap)
- Joonbi (pull up your left foot)

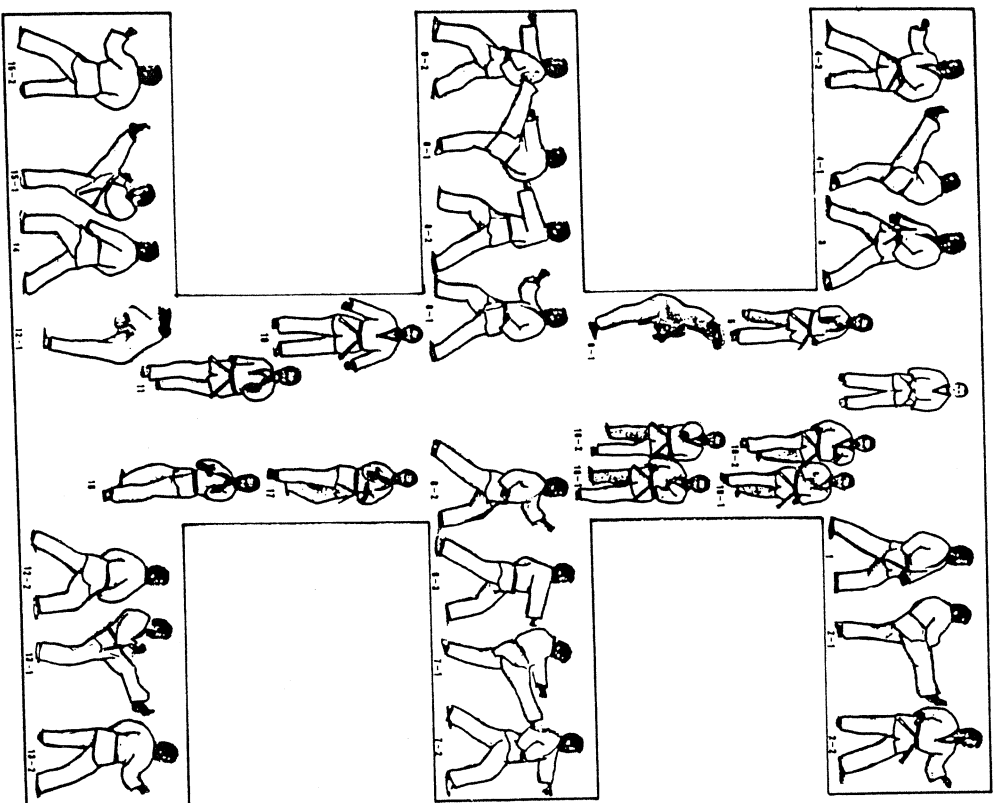
TAEGEUK 5 JANG



TAEGEUK 5 JANG

1. Oen ap koobi - Arae makki
2. Oen peonhi seogi - Mejoomeok naeryo chigi
3. Oreun ap koobi - Arae makki
4. Oreun peonhi seogi - Mejoomeok naeryo chigi
5. Oen ap koobi - Oen momtong an makki, Oreun momtong an makki
6. Oreun ap koobi - Oreun apchagi,
Oreun deung joomeok apchigo oen momtong an makki
7. Oen ap koobi - Oen apchagi,
Oen deung joomeok apchigo oreun momtong an makki
8. Oreun ap koobi - Oreun deung joomeok apchigi
9. Oreun duit koobi - Han somal momtong yeop makki
10. Oreun ap koobi - Palkoop dollyo chigi
11. Oen duit koobi - Han somal momtong yeop makki
12. Oen ap koobi - Palkoop dollyo chigi
13. Oen ap koobi - Arae makko oreun momtong an makki
14. Oreun ap koobi - Oreun apchagi, Arae makko oen momtong an makki
15. Oen ap koobi - Eolgool makki
16. Oreun ap koobi - Oreun yeop chago palkoop pyojeok chigi (with stretched fist)
17. Oreun ap koobi - Eolgool makki
18. Oen ap koobi - Oen yeop chago palkoop pyojeok chigi (with stretched fist)
19. Oen ap koobi - Arae makko oreun momtong an makki (fast)
20. Duit koa seogi - Oreun apchago deung joomeok eolgool apchigi (ki hap)
Joonbi (pull up your left foot)

TAEGEUK 6 JANG



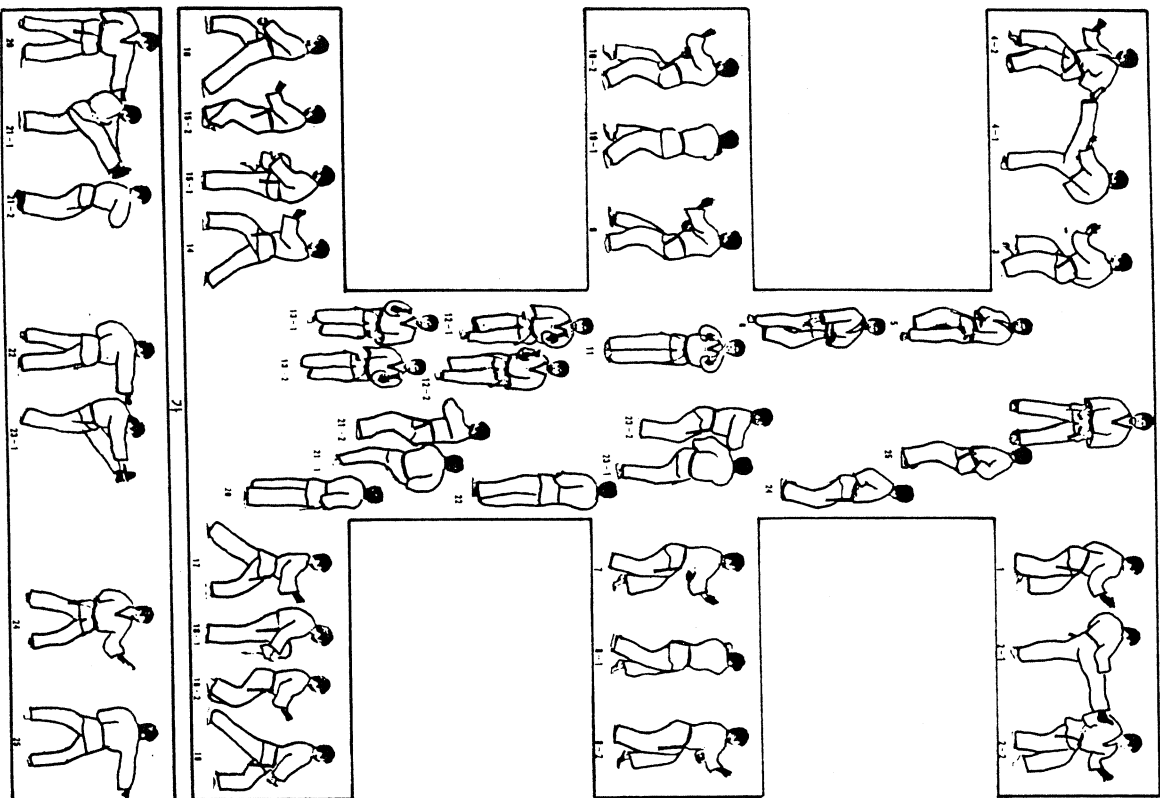
TAEGEUK 6 JANG

Joonbi

1. Oen ap koobi - Arae makki
2. Oreun duit koobi - Oreun apchago oen bakat palmok momtong bakat makki
3. Oreun ap koobi - Arae makki
4. Oen duit koobi - Oen apchago oreun bakat palmok momtong bakat makki
5. Oen ap koobi - Jaebipoom oreun han sonnol eolgool bakat makki
6. Oen ap koobi - Oreun dollyochagi,
Eolgool bakat makko momtong baro jireugi (fast)
7. Oreun ap koobi - Oreun apchago momtong baro jireugi
8. Oreun ap koobi - Eolgool bakat makko momtong baro jireugi (fast)
9. Oen ap koobi - Oen apchago momtong baro jireugi
10. Naranhi seogi - Arae hechyo makki (slow)
11. Oreun ap koobi - Jaebipoom oen han sonnol eolgool bakat makki
12. Oreun ap koobi - Oen dollyochago (ki hap) arae makki
13. Oen duit koobi - Oen apchago momtong bakat makki
14. Oen ap koobi - Arae makki
15. Oreun duit koobi - Oreun apchago momtong bakat makki
16. Oreun duit koobi - Sonnol momtong makki
17. Oen duit koobi - Sonnol momtong makki
18. Oen ap koobi - Batangson momtong an makko momtong baro jireugi (fast)
19. Oreun ap koobi - Batangson momtong an makko momtong baro jireugi (fast)

Joonbi (pull up your right foot)

TAEGEUK 7 JANG

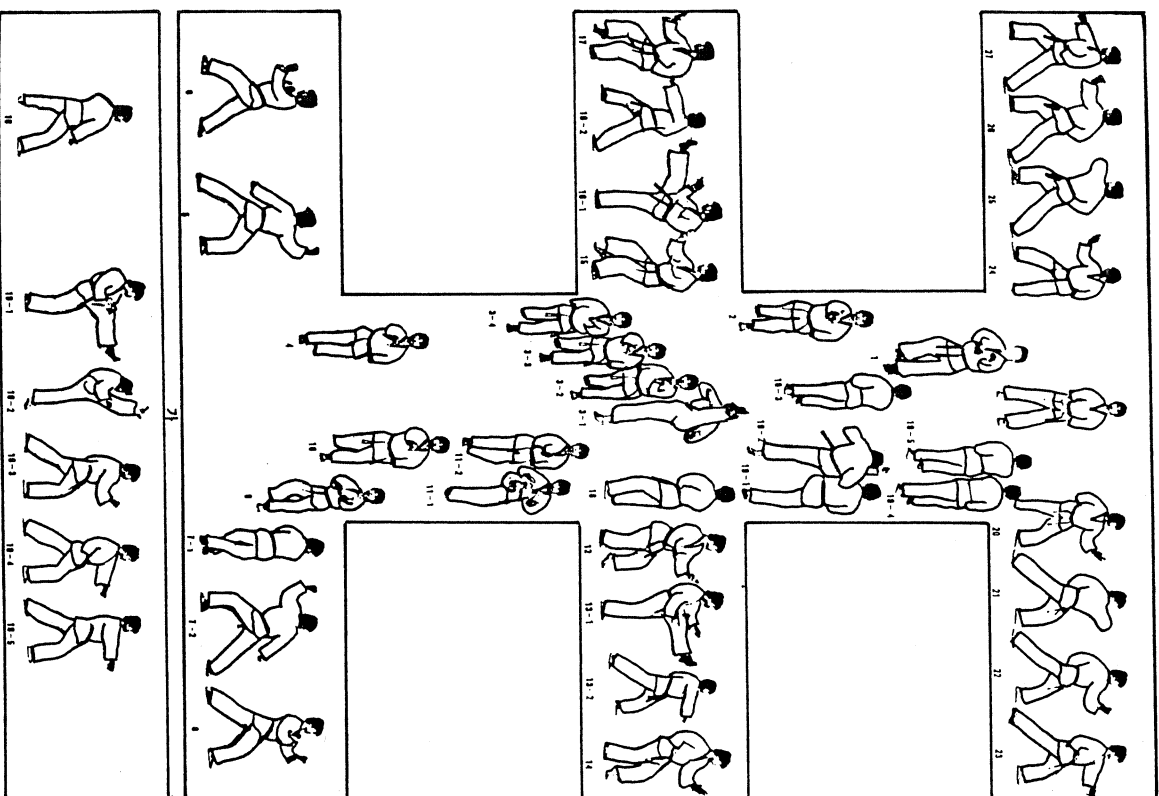


TAEGEUK 7 JANG

Joonbi

1. Oen beom seogi - Oreun batangson montong an makki
 2. Oen beom seogi - Oreun apchago oen an palmok montong an makki
 3. Oreun beom seogi - Oen batangson montong an makki
 4. Oreun beom seogi - Oen apchago oreun an palmok montong an makki
 5. Oreun duit koobi - Sonnal arae makki
 6. Oen duit koobi - Sonnal arae makki
 7. Oen beom seogi - Geodeuro oreun batangson montong an makki
 8. Oen beom seogi - Oreun deung joomeok apchigi (fast)
 9. Oreun beom seogi - Geodeuro oen batangson montong an makki
 10. Oreun beom seogi - Oen deung joomeok apchigi (fast)
 11. Maa seogi - Bojoomeok
 12. Oen ab koobi - Banae gawi makko baro gawi makki (fast)
 13. Oreun ap koobi - Banae gawi makko baro gawi makki (fast)
 14. Oen ap koobi - Bakat palmok montong hechyo makki
 15. Duit koa seogi - Mooreop chago doojoomeok jaechyo jireugi (fast)
 16. Oreun ap koobi - Eotgeuro arae makki (fast)
 17. Oreun ap koobi - Bakat palmok montong hechyo makki
 18. Duit koa seogi - Mooreop chago doojoomeok jaechyo jireugi (fast)
 19. Oen ap koobi - Eotgeuro arae makki (fast)
 20. Oen ap seogi - Deung joomeok bakat chigi
 21. Joochoom seogi - Oreunbal pyojeok chago palkoop pyojeok chigi
 22. Oreun ap seogi - Deung joomeok bakat chigi
 23. Joochoom seogi - Oenbal pyojeok chago palkoop pyojeok chigi
 24. Joochoom seogi - Han sonnal yeop makki
 25. Joochoom seogi - Montong yeop jireugi (Ki hap)
- Joonbi (pull up your left foot)

TAEGEUK 8 JANG



TAEGEUK 8 JANG

Joonbi

1. Oreun duit koobi - Oen bakat palmok momtong geodeuro bakat makki
2. Oen ap koobi - Momtong baro jireugi
3. Oen ap koobi - Doebal dangsang apchagi (ki hap),
Oen momtong an makko momtong doobeon jireugi (fast)
4. Oreun ap koobi - Momtong bandae jireugi
5. Oreun ap koobi - Owesanteul makki
6. Oen ap koobi - Danggyo teuk chigi (slow), Oenbal ap koa seogi
7. Oen ap koobi - Owesanteul makki
8. Oreun ap koobi - Danggyo teuk chigi (slow)
9. Oreun duit koobi - Sonnal momtong makki
10. Oen ap koobi - Momtong baro jireugi (fast)
11. Oreun beom seogi - Oreun apchago oreun batangson momtong an makki (fast)
12. Oen beom seogi - Sonnal momtong makki
13. Oen ap koobi - Oenbal apchago momtong baro jireugi (fast)
14. Oen beom seogi - Oen batangson momtong an makki (fast)
15. Oreun beom seogi - Sonnal momtong makki
16. Oreun ap koobi - Oreunbal apchago momtong baro jireugi (fast)
17. Oreun beom seogi - Oreun batangson momtong an makki (fast)
18. Oen duit koobi - Geodeuro arae makki
19. Oreun ap koobi - Oenbal apchago, Oreunbal twio apchagi (ki hap)
Momtong an makki, Momtong doobeon jireugi (fast)
20. Oreun duit koobi - Han sonnal momtong bakat makki
21. Oen ap koobi - Oreun palkoop dollyo chigi
22. Oen ap koobi - Oreun deung joomeok eolgool apchigi (fast)
23. Oen ap koobi - Momtong bandae jireugi (fast)
24. Oen duit koobi - Han sonnal momtong bakat makki
25. Oreun ap koobi - Oen palkoop dollyo chigi
26. Oreun ap koobi - Oen deung joomeok eolgool apchigi (fast)
27. Oreun ap koobi - Momtong baro jireugi (fast)
Joonbi (pull up your left foot)