

	Motions					Hoogtes & verplaatsingen						Standen		Handpositie Yup chagi
	Fast	Continuous	Connecting	Slow	Natural	Hoge vuiststoot	Lage trap	Hoge trap	Stamping motion	Shifting	Sliding	Gojung sogi	Nachua sogi	
Chon-Ji 19														
Dan-Gun 21		13, 14				2, 4, 7, 8, 10, 12, 19, 21								
Do-San 24	15, 16 19, 20													
Won-Hyo 28							20, 23					3, 6, 15, 18		8 en 26: met vuiststoot
Yul-Gok 38	2, 3, 5, 6, 9, 10, 13, 14		16, 17 19, 20		1, 4, 15, 16, 18, 19		8, 12							23 en 26: met vuiststoot
Joon-Gun 32	15, 16, 18, 19			27, 29, 30		16, 19	2, 5					31, 32	27, 29	22 en 25: met vuiststoot
Toi-Gye 37		7, 8		3, 6, 12			23, 26		13, 14, 15 16, 17, 18					
Hwarang 29	18, 19							18, 19			6, 25	6		12: beide handen bijtrekken
Choong-Moo 30	14, 15							14				18		7: met vuiststoot