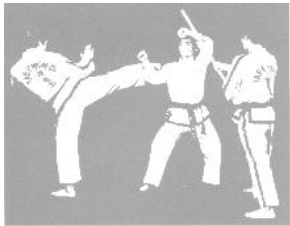




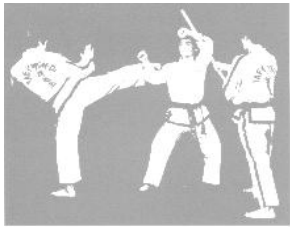
HAND VERTEIDIGUNGSTECHNIKEN



Nach innen geführte
Abwehr

Anuro makgi

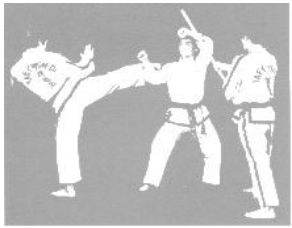




Nach innen geführte
Abwehr

Gunnun so sonkal najunde
anuro makgi

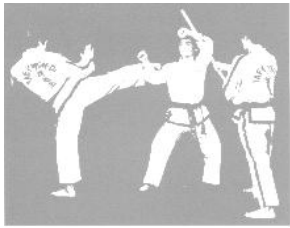




Neun (9) förmige
Abwehr

Annun so gutja makgi

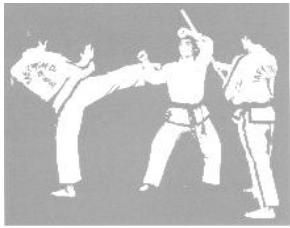




Parallel Abwehr

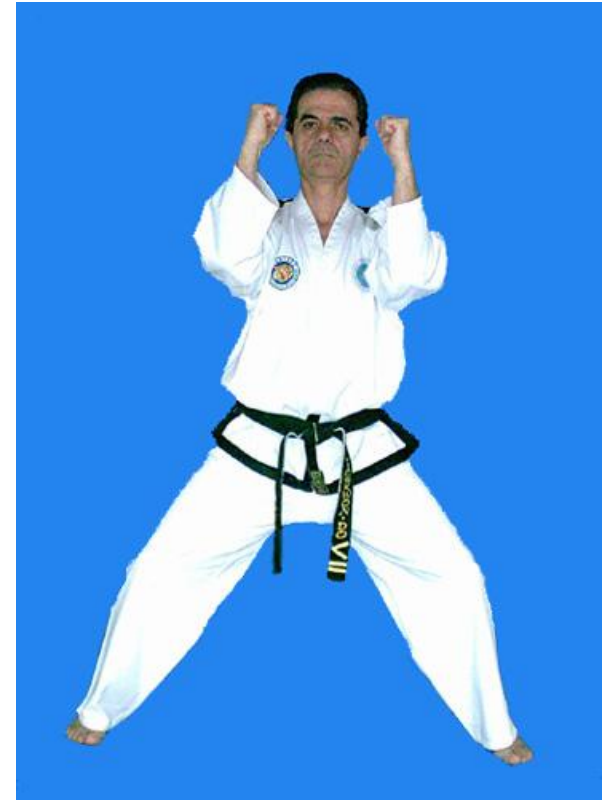
Annun so anpalmok
narani makgi

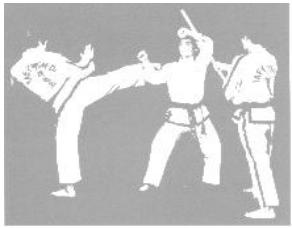




Senkrechter Doppel- Unterarm

Annun so sang sun
palmok momchau makgi

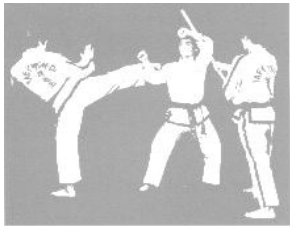




X-Faust

Niunja so kyocha joomuk
momchau makgi

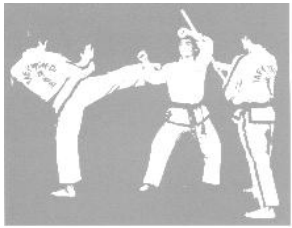




X-Handkante

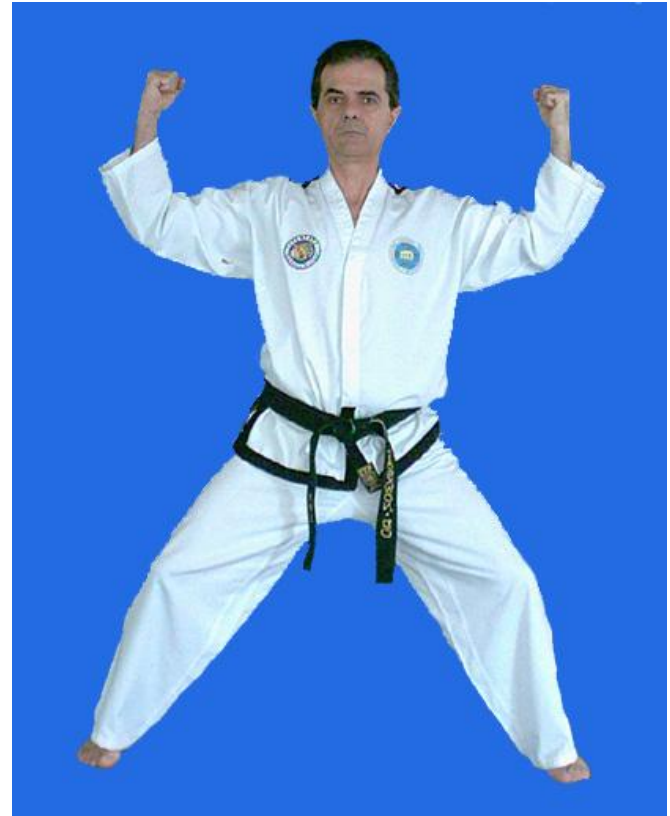
Kyocha sonkal

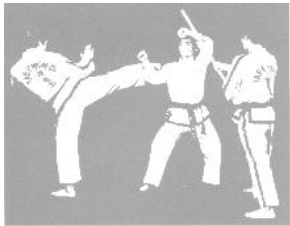




W-förmige Abwehr

Bakat palmok san makgi

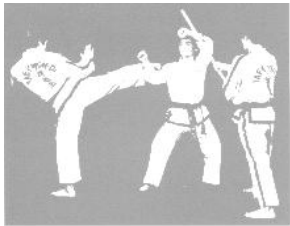




Äußere Abwehr

Dwitbal so bakat makgi

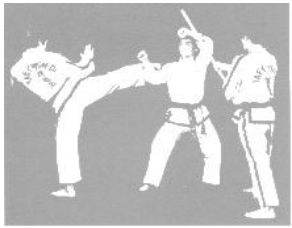




Fassende
Abwehr

Butjaba
makgi

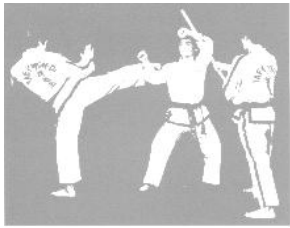




Aufsteigende Abwehr

Gunnun so chukyo
makgi

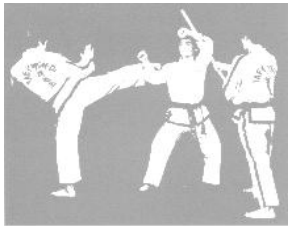




Kreisförmige Abwehr

Dollimyo makgi

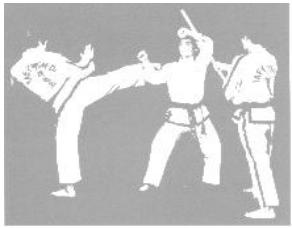




Doppelte Bogen-Hand Abwehr

Gunnun so doo
bandalson makgi

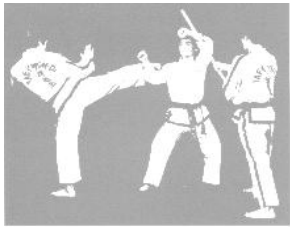




Zwillings-Unterarm- Abwehr

Sang palmok Makgi

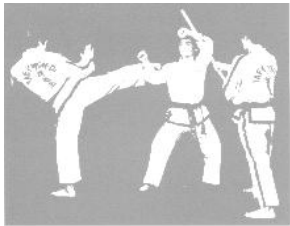




Doppel-Unterarm- Abwehr

Doo palmok Makgi

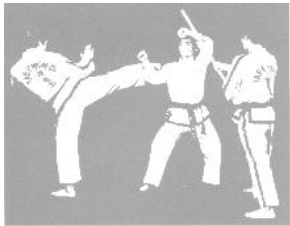




Zwillings-Handfläche

Gunnun so doo
sonbadak ollyo makgi

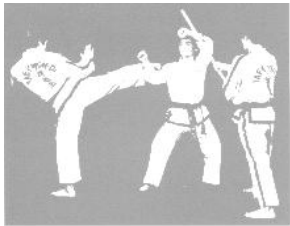




Abwärts gerichtete
Abwehr

Dwitbal so sonbadak
naeryo makgi

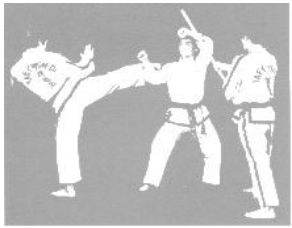




Haken Abwehr

Golcho makgi

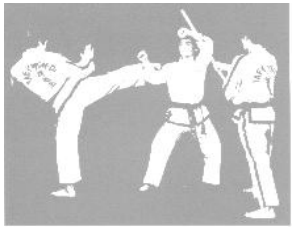




Nach außen gerichtete
Abwehr mit dem
Unterarm

Gunnun so nopunde
bakuro makgi

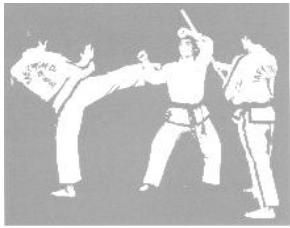




Nach außen gerichtete
Abwehr mit der
Handkante

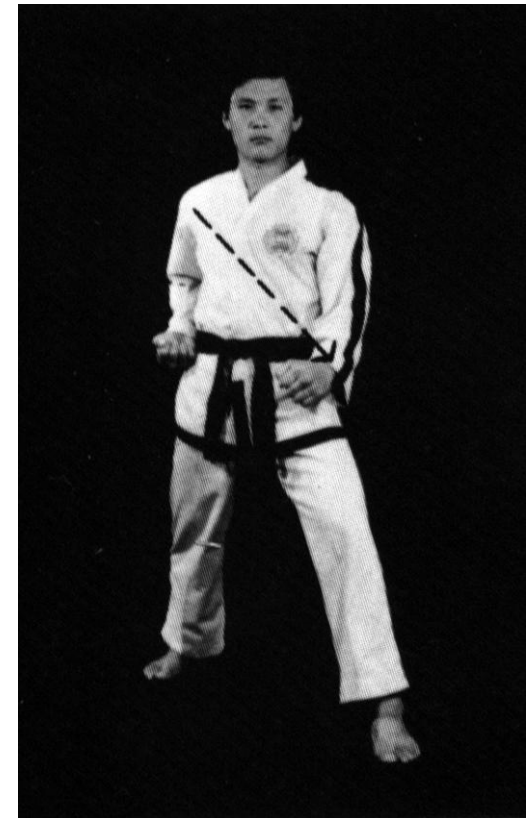
Niunja so sonkal
bakouro makgi

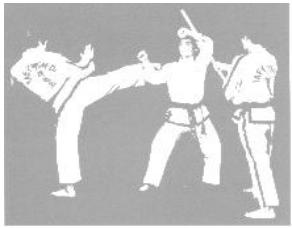




Unterarm Abwehr auf
der unteren Stufe

Gunnun so sonkal
najunde bakuro makgi

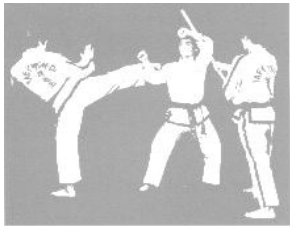




Keilförmige Abwehr

Gunnun so hechyo
makgi

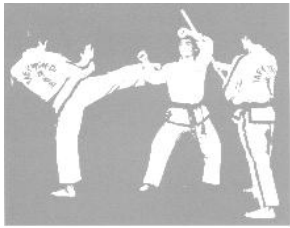




Hüft-Abwehr

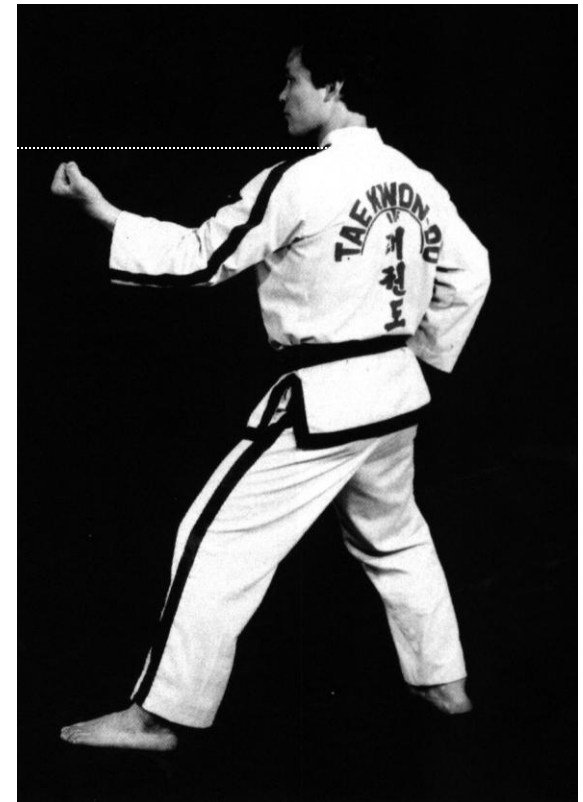
Hori Makgi

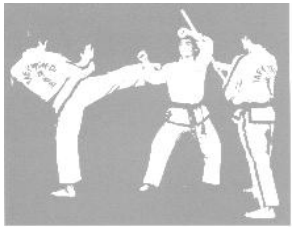




Abwehr auf der
mittleren Stufe

Niunja so kaunde
makgi

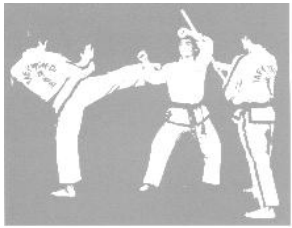




Schiebe-Abwehr

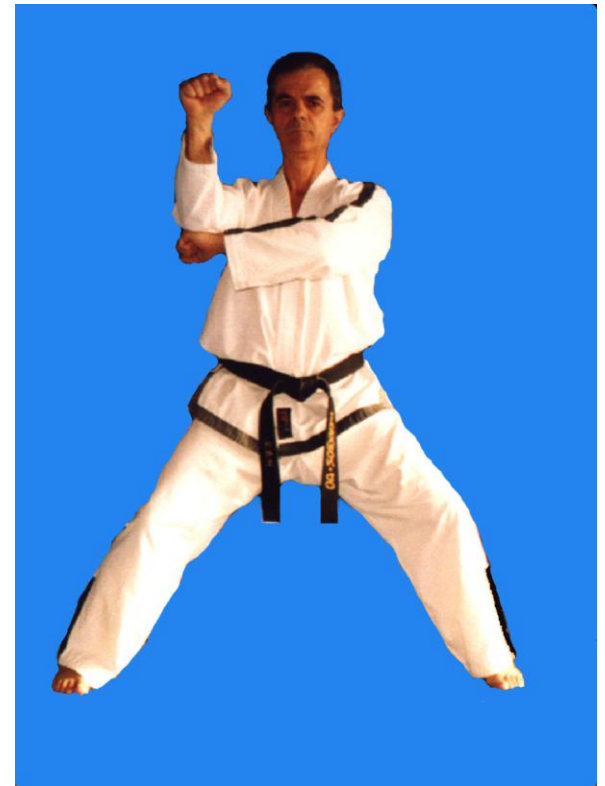
Annun so miro
makgi

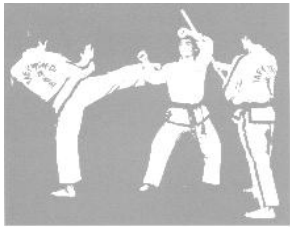




Seitlich frontale
Abwehr

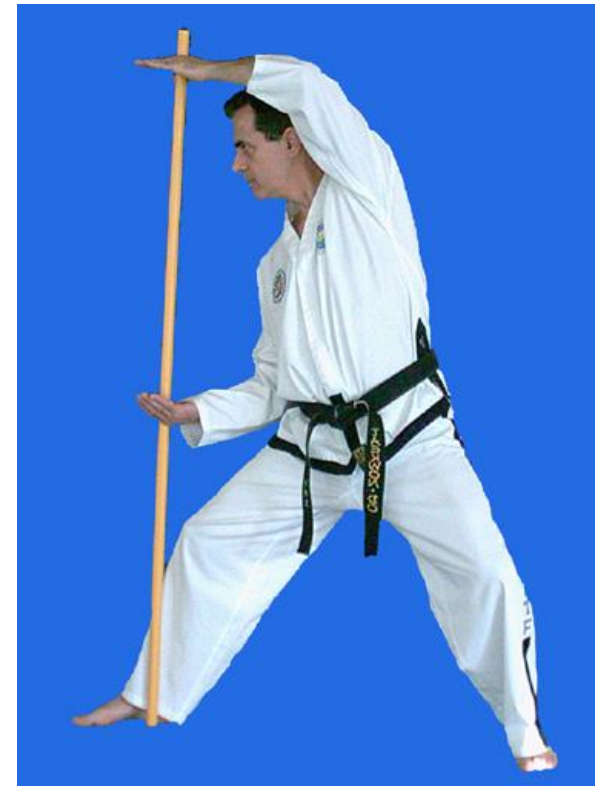
Yobap Makgi

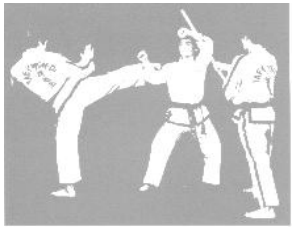




U-förmige Abwehr

Digutja makgi

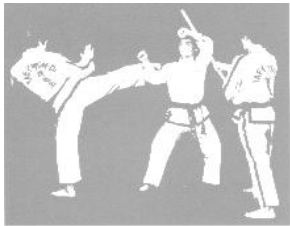




Innenhandkante-
Abwehr in der
unteren stufe

Niunja so najunde
sonkaldung

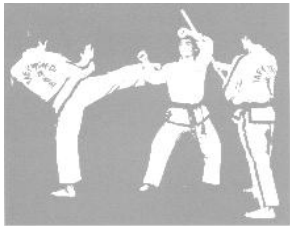




Abwärts gerichtete
Abwehr

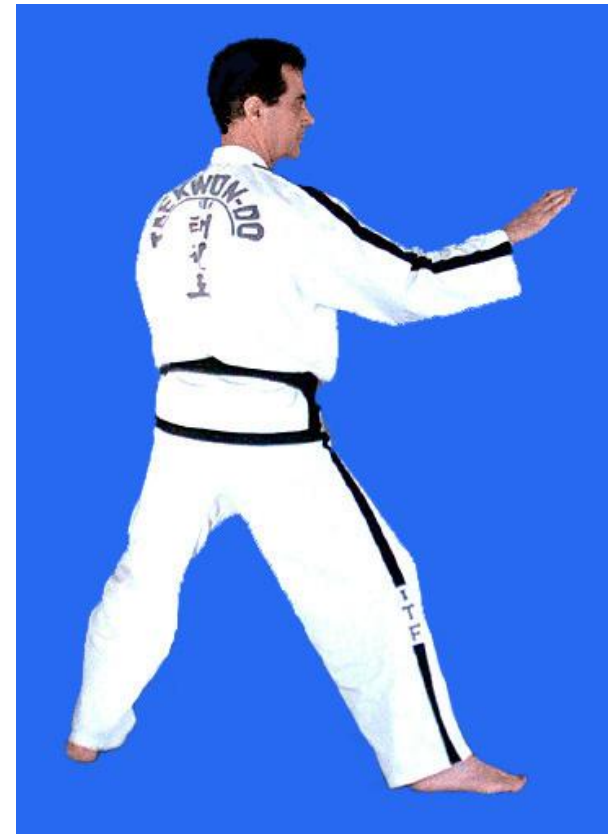
Niunja so bakat palmok
naeryo makgi

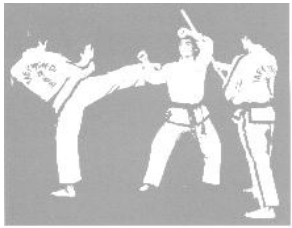




Schutz-Abwehr

Niunja so kaunde
daebi makgi

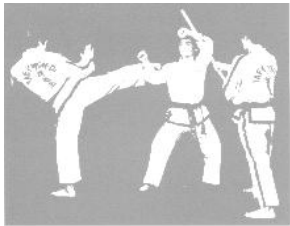




Schaufel-Abwehr

Niunja so duro makgi

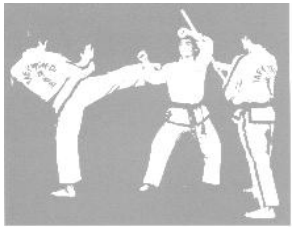




Kontrollierende Abwehr

Niunja so kyocha joomuk
momchau makgi

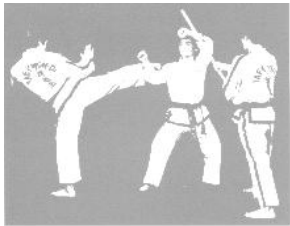




Drückende
Abwehr

Annun so noollo
makgi

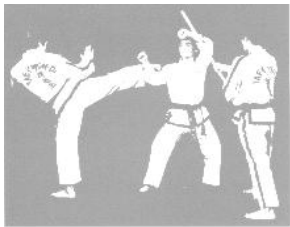




Drückende
Abwehr

Noollo makgi





Ausweichen

Pihagi

