

GM TRAN TRIUE QUAN - CLOSE COMBAT-SELF DEFENSE ROUTINE



1 Dwit palkup tulgi



2 Nopun palkuk taerigi



3 Dwit Nopun palkuk taerigi



4 Wi palkuk taerigi



5 Sun Palkup neryo taerigi



6 Cha baggi



7 Ap Morup Ollyo jirugi



8 Dwitchagi busigi



9 Dollyo Morup Ollyo jirugi



10 Dwit Mori



11 Najunde ap chagi



12 Soopyong yop joomuk jirugi



13 Anuro yop joomuk jirugi



14 Najunde yop joomuk jirugi



15 Inward sonbadak taerigi



16. Sonbadak jirugi



17. Noolo chagi



18 Najunde dollyo chagi



19. Bandalson nopunde bandea jirugi