

## Gibon Poomsae are makki

Lfd.Nr.	Stellung	Armstellung	Richtung
1	Moa sogi		
2	ap-gubi (l)	are makki (l)	90° links
3	ap-gubi (re)	bande-jirugi (re)	links
4	ap-gubi (re)	are-makki (re)	180° rechts
5	ap-gubi (l)	bande-jirugi (l)	rechts
6	ap-gubi (re)	are-makki (re)	90°vorne
7	ap-gubi (l)	bande-jirugi (l)	vorne
8	ap-gubi (re)	bande-jirugi (re)	vorne
9	ap-gubi (l)	bande-jirugi (l)	vorne <b>kihap</b>
10	ap-gubi (l)	are makki (l)	270° ü.d. rücken rechts
11	ap-gubi (re)	bande-jirugi (re)	rechts
12	ap-gubi (re)	are-makki (re)	180° links
13	ap-gubi (l)	bande-jirugi (l)	links
14	ap-gubi (l)	are makki (l)	90° hinten
15	ap-gubi (re)	bande-jirugi (re)	hinten
16	ap-gubi (l)	bande-jirugi (l)	hinten
17	ap-gubi (re)	bande-jirugi (re)	hinten <b>kihap</b>
18	Guman		hinteres Bein n.vorn mit 180°

