

Gibon - Poomsae momtong an makki

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

