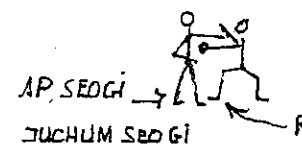
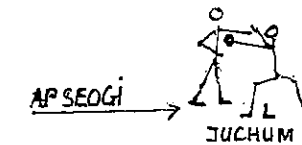
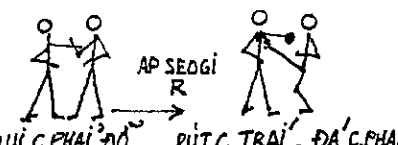
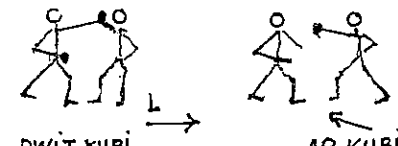
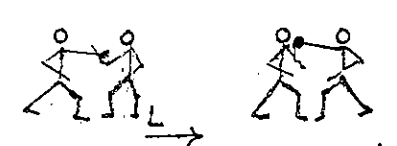

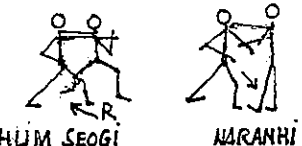
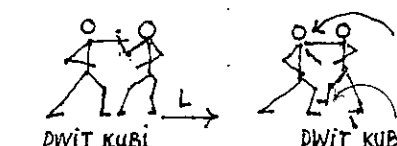
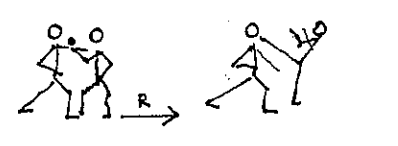
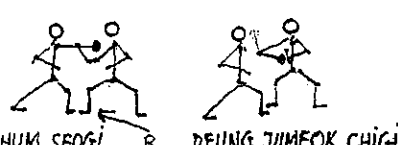
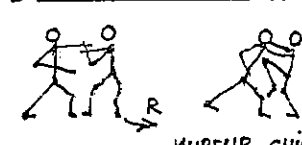


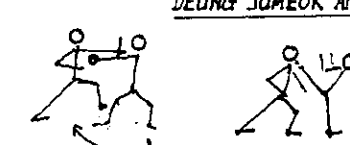
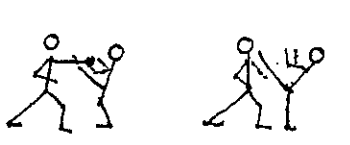
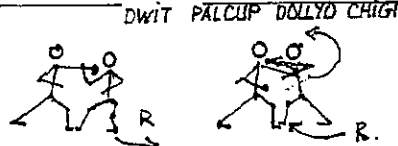

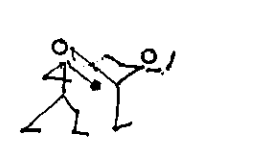
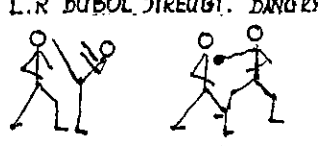


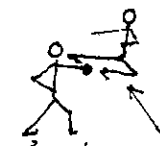

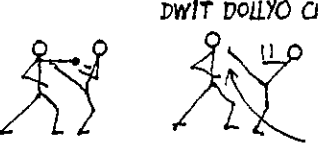




KỸ THUẬT ĐỐI LUYỆN TAEKWONDO

VS. PHAN CAO TRI
VS. NGUYEN VAN TAN
HLV. HO MANH TUNG

NHẤT THỂ ĐỐI LUYỆN:

<p>Cấp 9 YELLOW. I</p>	<p>1 HANSONAL MAKKI & MOMTONG JIREUGI</p> 	<p>2 BATANGSON M. MOMTONG JIREUGI</p> 	<p>3 AN PALMOK MOMTONG MAKKI MOMTONG AP CHAGI</p> 	
<p>Cấp 8 YELLOW. II IL. YANG</p>	<p>4 OLGUL MAKKI . OLGUL JIREUGI</p> 	<p>5 MOMTONG MAKKI . OLGUL JIREUGI</p> 	<p>6 AN PALMOK MOMTONG MAKKI</p> 	
<p>Cấp 7 YELLOW. III I. YANG</p>	<p>7 HANSONAL MAKKI . HANSONAL MOK CHIGI</p> 	<p>8 MOMTONG MAKKI & TURN B MOKCHIGI</p> 	<p>9 AN PALMOK M.M . DOLLYO CHAGI</p> 	
<p>Cấp 6 BLUE. I SAM. J</p>	<p>10 MOMTONG M. PALKUP PYOJEOK CHIGI</p> 	<p>11 HANSONAL MAKKI . MOM JIREUGI</p> 	<p>12 PALCHAGI . LEFT APCHAGI</p> 	
<p>Cấp 5 BLUE. II SA. J</p>	<p>13 HANSONAL M. L PYONSONKKEUT SEWO. Z " 2 PYONSONKKEUT OPEO JIREUGI</p> 	<p>14 BATANGSON M. MOMTONG DUBOL JIREUGI DEUNG JUMEOK AP CHIGI</p> 	<p>15 PAL CHAGI . L APCHAGI . DOLLYO CHAGI</p> 	
<p>Cấp 4 BLUE III OH. J</p>	<p>16 HANSONAL M. PALCUP DOLLYO CHIGI DWIT PALCUP DOLLYO CHIGI</p> 	<p>17 HANSONAL M. LEFT JOP CHAGI PALCUP DOLLYO CHIGI</p> 	<p>18 PALCHAGI . OLGUL DWIT CHAGI</p> 	
<p>cấp 3 RED. I JUK. J</p>	<p>19 BITURED M. DOLLYO CHAGI L. R DUBOL JIREUGI. DANGRYO</p> 	<p>20 JUMP DIAGONALLY TO LEFT AREA YOP CHAGO OLGUL HURYO CHAGI</p> 	<p>21 PALCHAGI . BALDAL CHAGO. YOP CHAGI</p> 	<p>22 TWID YOP CHAGI</p>  <p>NHAY DA' NGANG</p>
<p>Cấp 2 RED. II CHIL. J</p>	<p>23 PALCHAGI + 45° DOLLYO CHAGI</p>  <p>CHAGO 45° NARYO CHAGI</p>	<p>24 PALCHAGI . BALDAL CHAGO. DWIT DOLLYO CHAGI</p> 	<p>25 HANSONAL MAKKI . YOP CHAGI CHAGO DWIT CHAGI</p> 	<p>26 TWID DWIT DOLLYO CHAGI</p>  <p>VONG CAU SALI</p>
<p>Cấp 1</p>	<p>27 LON SANG TAO</p>	<p>28 TAP TE . LON NHAO</p>	<p>29 J BAT BUOC HAI DON BAY</p>	<p>30 REPEAT ALL</p>