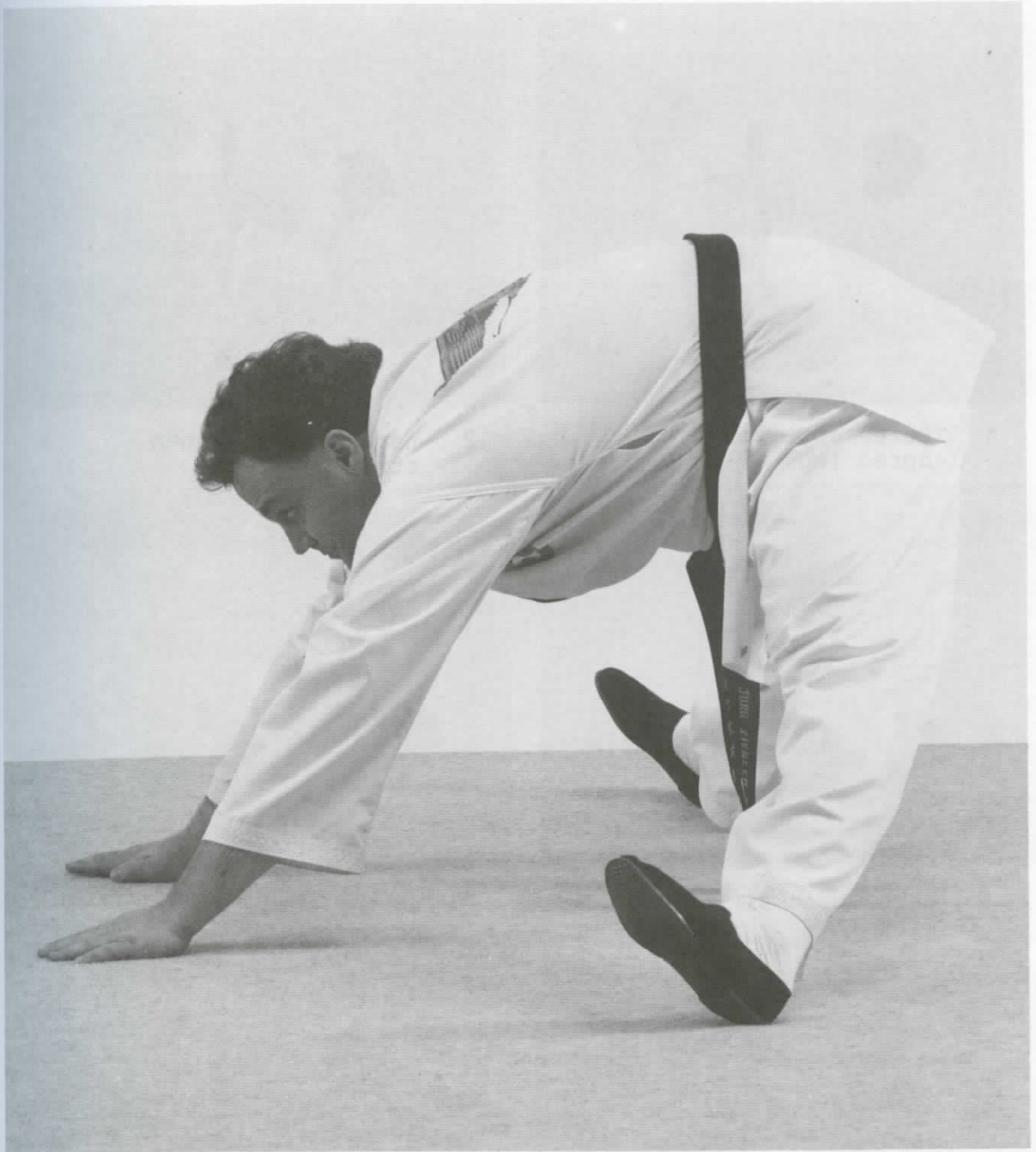


12. Jung Tu Am / Yung Tu Um

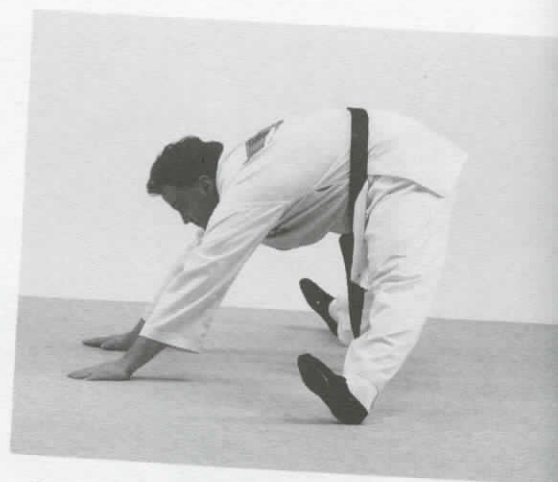


Dies ist eine spezielle Uebungsfolge des FLYING EAGLE HAP KI DO (FEHKD) zur Steigerung der koerperlichen Leistungsfahigkeit und Beweglichkeit.

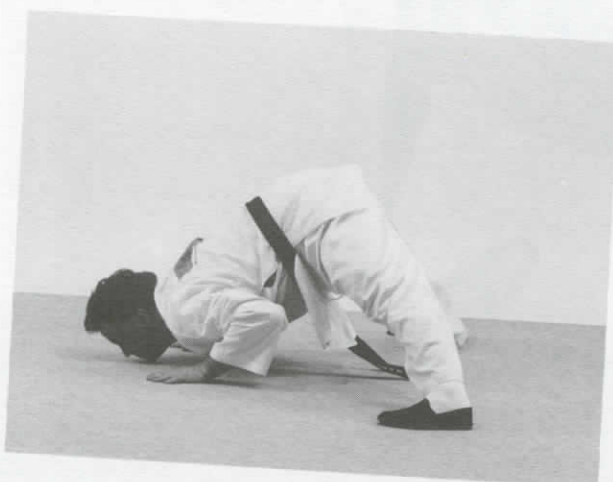
This is a very special FLYING EAGLE HAP KI DO (FEHKD) exercise to encrease flexibility and stamina.



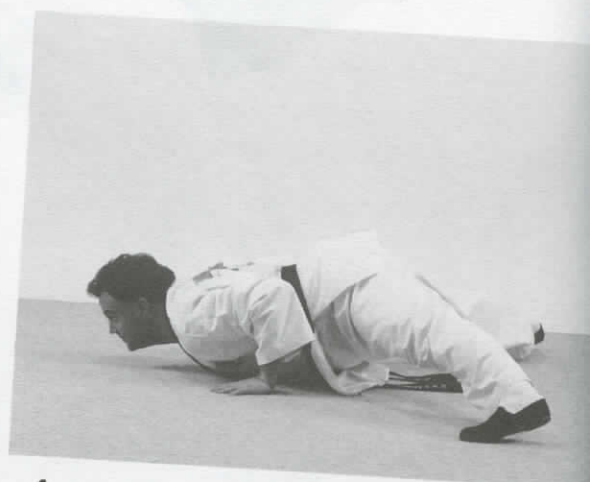
1 Beine spreizen
spread legs



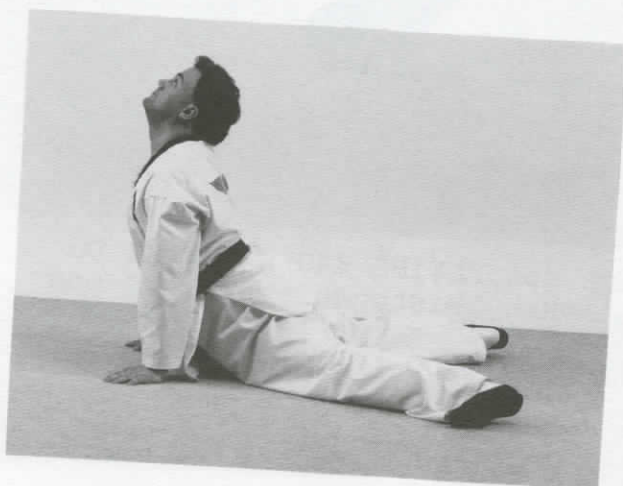
2 nach hinten dehnen
stretch



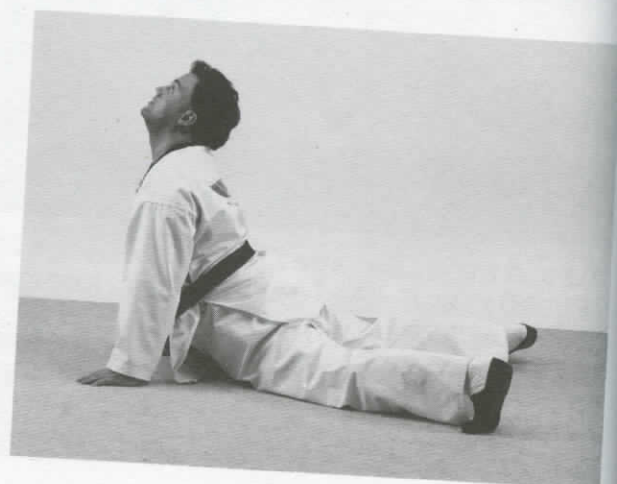
3 nach vorne sinken
sink



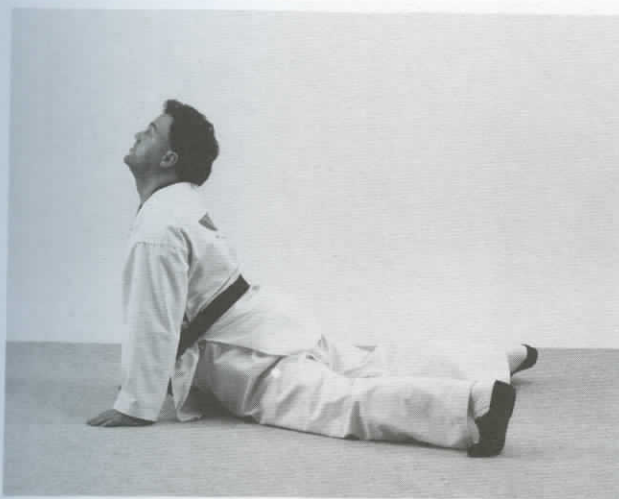
4 weiter schieben
push forward



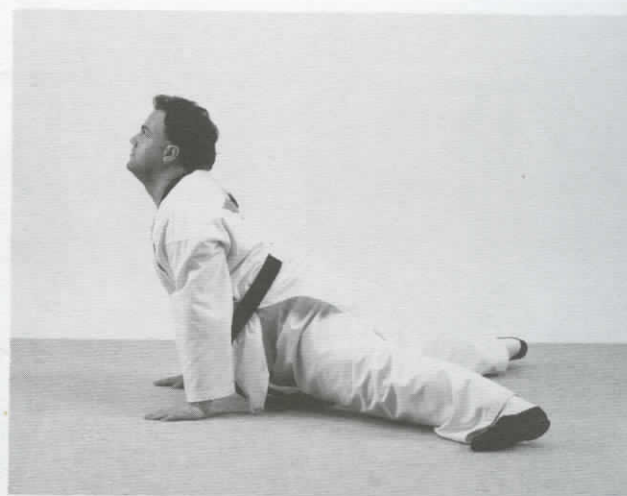
5 Hüften tief, Kopf hoch
hips low, head up



6 auf Fussballen
onto balls of feet



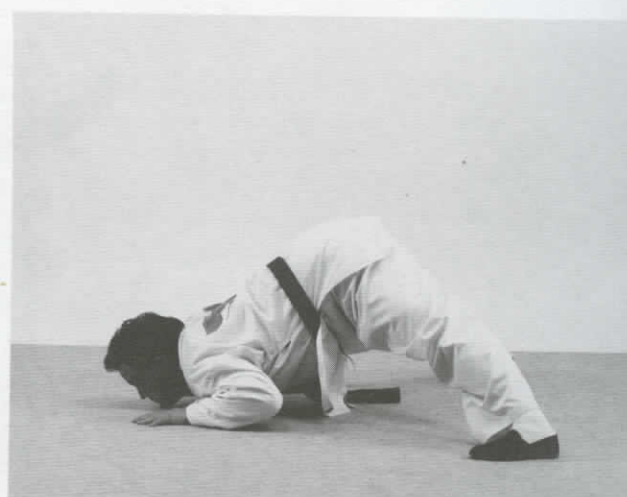
7



8 auf Fusssohle
on sole of foot



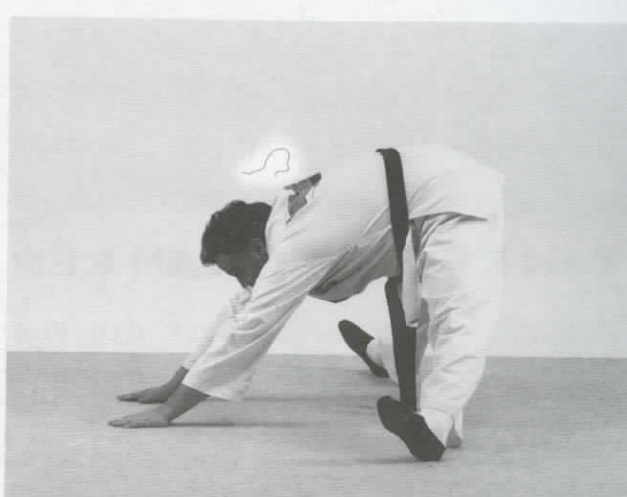
9 zurueck schieben
push back



10 zurueck schieben
push back



11 hoch schieben
push up



12 nach hinten dehnen
stretch

TUKKI TSCHAEGAE 4 / TUKI CHEGE 4



1 TSCHU-BI
CHU-BI



2 PAGANN MAGGI
PAGAN MAKI



3 Fuss hoch
foot up



4 hoeher
on the way



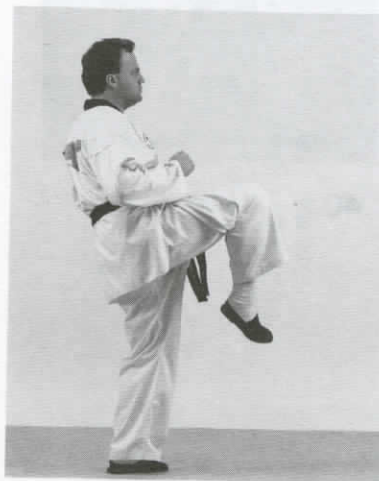
5 HANJAK TSCHAGI
HANJAK CHAGI



6 Schlag
cut down



7 PAGANN MAGGI
PAGAN MAKI



8 Knie hoch
knee up



9 AP TSCHAGI
AP CHAGI



ch



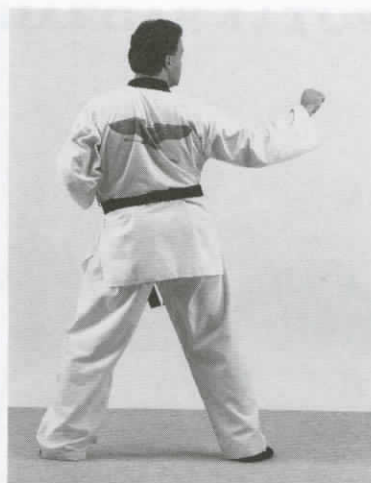
GI



TOLLIP TSCHAGI / TOLIP CHAGI



10 Fuesse zusammen
feet together



11 PAGANN MAGGI
PAGAN MAKI



12 Knie hoch
knee up



13 TOLLIP TSCHAGI
TOLIP CHAGI



14 Fuesse zusammen
feet together



15 PAGANN MAGGI
PAGAN MAKI



16 drehen
spin around



17 Fuss hochdrehen
bring the foot up



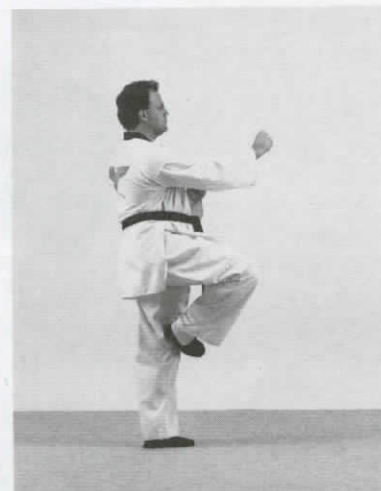
18 JORJAK TSCHAGI
YORJAK CHAGI



19 Fuss abstellen
foot down again



20 PAGANN MAGGI
PAGAN MAKI



21 Fuss hochziehen
right foot up



22 JAP TSCHAGI
KIAH!
YAP CHAGI
KIAH!



23 drehen nach rechts,
PAGANN MAGGI
turn to the right,
PAGAN MAKI

Nummern 1 - 23 nochmals, aber nach rechts.
Number 1 - 23 again, but to the righthand side.