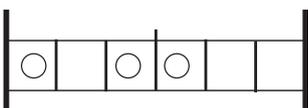


# Vorübungen für den Samchae Grundrhythmus | Kkwaenggwari

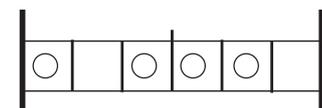
3er Hoheup ♩ = 66

1. 



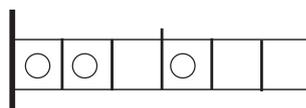
kaeng kaeng kaeng

2. 

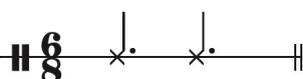


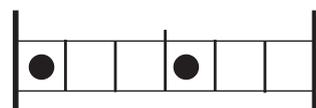
kaeng kae kae kaeng

3. 

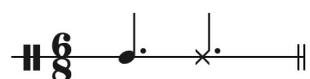


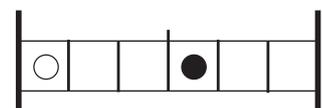
kaengkaeng kaeng

4. 



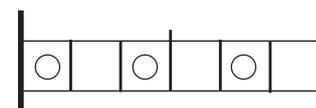
ggaek ggaek

5. 



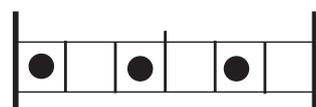
kaeng ggaek

6. 



kaeng kaeng kaeng

7. 



ggaek ggaek ggaek

TIP: Die Übungen 6 und 7 lassen sich sehr gut mit den Janggo Übungen Nummer 2, 3 und 4 kombinieren.

8. 



kaeng kae kaeng kae kaeng kae kae kaeng kae kaeng kaeng kae kaeng kae kae kaeng