CLAIMS

1. A video decoding method, the video decoding method comprising:

receiving transmission unit data including an information about a current picture;

identifying whether the current picture is a temporal layer access picture indicating that a picture, which is decoded after the current picture and belongs to a same temporal sub-layer with the current picture, is not capable of referring to a picture decoded before the current picture, based on a type syntax information included in the transmission unit data; and

decoding the identified current picture.