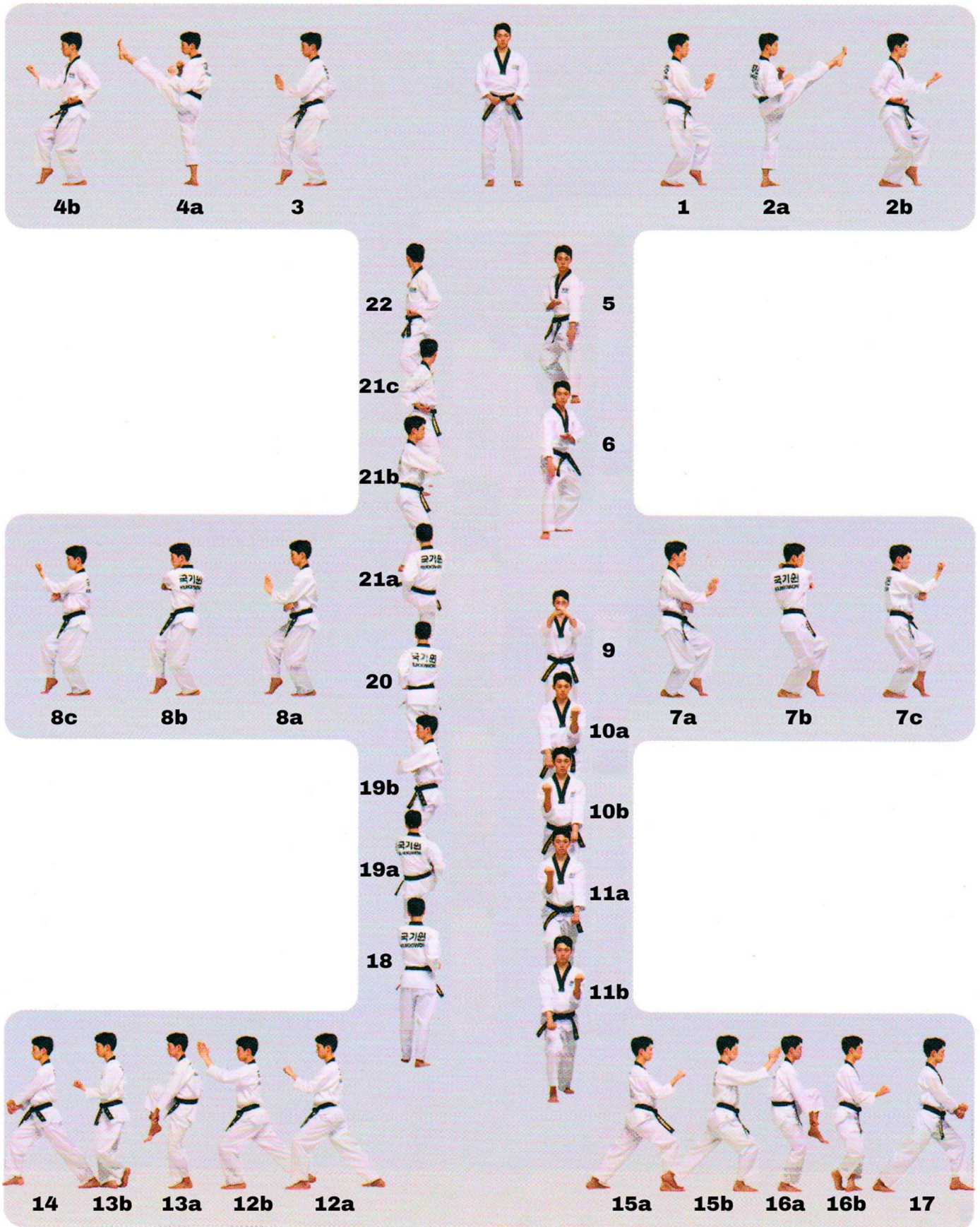


Taegeuk Chil Jang #7



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1. Turn left 90° into a tiger stance with your left foot forward and perform a right inside palm block.
2. Perform a right foot front snap kick, landing back into a tiger stance with your left foot forward and perform a left inside block.
3. Turn right 180° into a tiger stance with your right foot forward and perform a left inside palm block.
4. Perform a left foot front snap kick, landing back into a tiger stance with your right foot forward and perform a right inside block.
5. Turn left 90° into a back stance with your left foot forward and perform a left double knife down block.
6. Step forward a back stance with your right foot forward and perform a right double knife down block.
7. Turn left 90° into a tiger stance with your left foot forward and perform a supported right inside palm block, followed by a right palm press and an a right backfist strike
8. Turn right 180° into a tiger stance with your right foot forward and perform a supported left inside palm block, followed by a left palm press and an a left backfist strike
9. Turn left 90° into an attention stance with your right fist meeting your left palm at your belt and then raise your hands together to face height.
10. Step forward into a front stance with your left foot and perform a scissor block with a right down block, followed by a scissor block with a left down block.
11. Step forward into a front stance with your right foot and perform a scissor block with a left down block, followed by a scissor block with a right down block.
12. Turn left 270° into a front stance with your left foot forward and perform a spreading double forearm block, followed by an open handed clinch at shoulder height.
13. Perform a right knee strike, followed by a double uppercut punch in cross stance with your right foot forward.
14. Step back into a front stance with your right foot forward and perform a double crossing down block with your right hand on the bottom.
15. Turn right 180° into a front stance with your right foot forward and perform a spreading double forearm block, followed by an open handed clinch at shoulder height.
16. Perform a left knee strike, followed by a double uppercut punch in cross stance with your left foot forward
17. Step back into a front stance with your left foot forward and perform a double crossing down block with your left hand on the bottom.
18. Turn left 90° into a walking stance with your left foot forward and perform a left horizontal back fist strike.
19. Perform a right smashing inside crescent kick, landing back into a horse stance with your right foot forward and perform a smashing right elbow strike.
20. Turn 90° to the right and step into a walking stance with your right foot forward and perform a right horizontal back fist strike.
21. Perform a left smashing inside crescent kick, landing back into a horse stance with your left foot forward and perform a smashing left elbow strike, followed by a left single knife hand block.
22. Step forward with your right foot into a horse riding stance and perform a right middle punch to the right side with a kihap.