



Taegeuk Chil Jang (7)

Taegeuk 7 (Mountain)

- Attention (Charyeot)
- Bow (Kumnye)
- Ready stance (Joonbi)

1. Turn toward 9 o'clock. Assume a left tiger stance (Oen Beomseogi).¹ Execute a right palm heel middle block (Oreun Batangson Momtong An Makki).

2. Execute a right front kick (Oreun Apchagi). Bring the kicking foot back to its original position assuming a left tiger stance (Oen Beomseogi). Execute a left outside-inside middle block (Oen Momtong An Makki).

3. Pivot clockwise on the left foot toward 3 o'clock. Assume a right tiger stance (Oreun Beomseogi). Execute a left palm heel middle block (Oen Batangson Momtong An Makki).

4. Execute a left front kick. Bring the kicking foot back to its original position. Assume a right tiger stance (Oreun Beomseogi). Execute a right outside-inside middle block (Oreun Momtong An Makki).

5. Move the left foot toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double low knife hand block (Oen Sonnal Arae Makki).

6. Advance toward 12 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double low knife hand block (Oreun Sonnal Arae Makki).

7. Keeping the right foot fixed, move the left foot toward 9 o'clock. Assume a left tiger stance (Oen Beomseogi). Execute a right augmented palm heel middle block (Oreun Batangson Momtong An Makki) with the left fist placed under the right elbow.

8. From the same stance execute a right augmented backfist to the philtrum (Oreun Deung Jeomeok Ap Chigi). Leave the left fist in the same position as in no 7.

9. Turn the body clockwise toward 3 o'clock. Assume a right tiger stance (Oreun Beomseogi). Execute a left augmented palm heel middle block (Oen Batangson Momtong An Makki) with the right fist under the left elbow.

10. Execute a left augmented backfist to the philtrum (Oen Deung Joomeok Ap Chigi) from the same stance. Keep the right fist under the left elbow.

11. Pivoting on the right foot, turn toward 12 o'clock. Bring the left foot beside the right foot. Assume the closed stance (Moaseogi). Both hands are brought up from the sides to the chin. The right hand makes a fist. The left hand covers it lightly.

12. Advance the left foot toward 12 o'clock, assuming a left forward stance (Oen Apkoobi). In rapid succession execute a scissor block right down block (Bandaew Gawi Makki) followed by a scissor block left down block (Gawi Makki).

13. Advance assuming a right forward stance (Oreun Apkoobi). Execute a scissor block left down block (Bandaew Gawi Makki) followed rapidly by a scissor block, right down block (Gawi Makki).

14. Pivot counterclockwise facing 3 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a wedge block (Bakat Palmok Momtong Hechyo Makki).

15. Grab opponent's head with both hands, pull down and execute a right knee strike to the face (Oreun Mooreupchagi). Keep the right leg cocked, having both fists to the sides, jump forward assuming a crossed stance, right foot to the front (Oen Bal Dwit Koaseogi). Execute a double uppercut to the ribs (Doo Joomeok Momtong Jeochyo Chireugi) rapidly.

16. Keeping the right foot fixed, move the left foot to the rear assuming a right forward stance (Oreun Apkoobi). Execute a low X block (Eotgeoreo Arae Makki) swiftly.

17. Turn clockwise toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a wedge block (Bakat Palmok Momtong Hechyo Makki).

18. Execute a left knee strike to the face (Oen Mooreupchagi). Bring both fists to the sides, jump forward assuming a left foot forward crossed stance (Oen Dwit Koaseogi). Execute a double fist uppercut to the body (Doo Joomeok Momtong Jeochyo Chireugi).

19. Bring the right foot to the rear. Assume a left forward stance (Oen Apkoobi). Execute a low X block (Eotgeoreo Arae Makki).

20. Move the left foot toward 6 o'clock. Assume a left ease stance (Oen Pyeonhiseogi). Execute a left backfist to the temple (Oen Deung Joomeok Eolgool Bakat Chigi).

21. Execute a right outside-inside crescent kick (Oreun Pyojeokchagi). Assume a straddle stance (Joochoomseogi) facing 6 o'clock. Execute a right elbow strike (Oreun Palkoop Pyojeok Chigi).

22. Moving the right foot only enough that it points toward 6 o'clock, move the left foot toward it, assuming a right ease stance (Oreun Pyeonhiseogi). Execute a right backfist strike to the face (Oreun Deung Joomeok Eolgool Bakat Chigi).

23. Execute a left outside-inside crescent kick (Oen Pyojeokchagi). Assume a straddle stance (Joochoomseogi). Execute a left elbow strike (Oen Palkoop Pyojeok Chigi) toward 6 o'clock.

24. Without moving assume a right back stance (Oreun Dwitkoobi). Execute a left single knife hand middle block (Oen Hansonnal Momtong Makki). Bring the right fist to the right hip.

25. Move the right foot forward assuming a straddle stance (Joochoomseogi). Execute a right side body punch (Oreun Joomeok Yeop Chireugi). Pull the left fist to the left side. Yell (Kihap).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)