



Poomsei (pattern)

## Taeguk Chil Jang

Side  
'C'  
'A'                      'B'  
'D'

Choombi

1. Moving LF 1/4 turn L to 'A', L Bom Sohgi, R Batangson Momtong Makgi.
2. R Front Kick Sliding back into L Bom Sohgi, L An Momtong Makgi.
3. Moving RF 1/2 turn R to 'B', R Bom Sohgi, L Batangson Momtong Makgi.
4. L Front Kick Sliding back into R Bom Sohgi, R An Momtong Makgi.
5. Moving LF 1/4 turn L to 'C' L R Dit Gubi L Arae Sonnal Makgi.
6. Moving RF one step forward, L Dit Gubi, R Arae Sonnal Makgi.
7. Moving LF 1/4 L to 'A', L Bom Sohgi, R Batangson Low Block, R Dung Jumok Chigi.
8. Moving RF 1/2 turn R to 'B' R Bom Sohgi, L Batangson Low Block, L Dung Jumok Chigi.
9. Moving LF 1/4 turn L to face 'C', Moa Sohgi, Bo Jumok. (slowly)
10. Moving LF one step forward to L Front Stance, Gawi Makgi, once to the R, once to L.
11. Moving RF one step forward to R Front Stance, Gawi Makgi, once to the L, once to R.
12. Moving LF 3/4 turn L to 'B', L Front Stance, Momtong Heychyo Makgi
13. **R Murop Chigi springing forward, L Dit Goa Sohgi, Du Jumok Jaechyo Jirugi**
14. **Moving LF Back, R Front Stance Otkoro Arae Makgi**
15. **Moving RF 1/2 turn R to 'A', R Front Stance, Heychyo Momtong Makgi**
16. **L Murop Chigi springing forward, R Dit Goa Sohgi, Du Jumok Jaechyo Jirugi.**
17. **Moving RF Back, L Front Stance Otkoro Arae Makgi.**
18. **Moving LF 1/4 turn L to 'D', L Short Stance, L Olgul Bakgat Dung Jumok Chigi.**
19. **R Target Kick stepping forward.**
20. **1/4 turn L to face 'B', Juchum Sohgi, R Palgub Pyojok Chigi.**
21. **Moving LF 1/4 turn R to 'D', R Short Stance, R Olgul Bakgat Dung Jumok Chigi .**
22. **L Target Kick stepping forward.**
23. **1/4 R to 'A' Juchum Sohgi, L Palgub Pyojok Chigi.**
24. **L Han Sonnal Makgi.**
25. **Moving RF to 'D' 1/2 turn to face 'B', LH Seizing opponent, Juchum Sohgi R Side Punch (Gihap) Gumon. Moving LF return to starting position.**

Note:

Correct stances and technique must be shown.