



Taeguk Chil Jang (Taeguk 7)

Side

'C'

'A'

'B'

'D'

Choombi * 10 Seconds

1. Moving LF 1/4 turn L to 'A', L Cat Stance, R Batangson Body Block.
2. R Front Kick Sliding back into L Cat Stance, L Inside Body Block.
3. Moving RF 1/2 turn R to 'B', R Cat Stance, L Batangson Body Block.
4. L Front Kick Sliding back into R Cat Stance, R Inside Body Block.
5. Moving LF 1/4 turn L to 'C' L R Back Stance L Knifehand Low Block.
6. Moving RF one step forward, L Back Stance, R Knifehand Low Block.
7. Moving LF 1/4 L to 'A', L Cat Stance, R Batangson Low Block, R Reverse Back Fist Strike.
8. Moving RF 1/2 turn R to 'B' R Cat Stance, L Batangson Low Block, L Reverse Back Fist Strike.
9. Moving LF 1/4 turn L to face 'C', Moa Sogi (Feet Together Stance), Bo Jumok (Hand Covering Fist). *Slowly
10. Moving LF one step forward to L Front Stance, Gawi Makgi Scissor Block), (once to the Right, once to Left.
11. Moving RF one step forward to R Front Stance, Gawi Makgi Scissor Block), once to the (Left, once to Right.
12. Moving LF 3/4 turn L to 'B', L Front Stance, Momtong Heychyo Makgi (Cleaving Body Block).
13. R Knee Strike springing forward, L Dit Goa Sogi (Back Twisting Stance), Du Jumok Jaechyo Jirugi (Two handed inverted waist punch)
14. Moving LF Back, R Front Stance Ogoro Arae Makgi (Crossed wrist Low Block) *From Left to Right
15. Moving RF 1/2 turn R to 'A', R Front Stance, Heychyo Momtong Makgi (Cleaving Body Block).
16. L Knee Strike springing forward, R Dit Goa Sogi, Du Jumok Jaechyo Jirugi. (Two handed inverted waist punch)
17. Moving RF Back, L Front Stance Ogoro Arae Makgi (Crossed wrist Low Block) *From Right to Left.
18. Moving LF 1/4 turn L to 'D', L Short Stance, L Outward Back Fist Strike to the Face.
19. R Target Kick stepping forward.
20. 1/4 turn L to face 'B', Juchum Sogi (Horse Riding Stance), R Elbow Target Strike.
21. Moving LF 1/4 turn R to 'D', R Short Stance, R Outward Back Fist Strike to the Face.
22. L Target Kick stepping forward.
23. 1/4 R to 'A' Juchum Sogi (Horse Riding Stance), L Elbow Target Strike.
24. L Single Knife Hand Side Block.
25. Moving RF to 'D' 1/2 turn to face 'B', LH Seizing opponent, Juchum Sogi (Horse Riding Stance), R Side Punch (Gihap)

Gumon. Moving LF return to starting position. * 10 Seconds