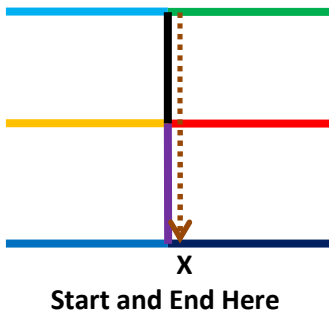


Taeguk Chil-Jang - “Mountain” - 태극 7장

Ready Position (Joon-bi)

1. Turn left 90°, right middle palm block with in left tiger stance.
2. Right high front kick, left out-to-in middle block in original left tiger stance.
3. Turn right 180°, left middle palm block in right tiger stance.
4. Left high front kick, right out-to-in middle block in original right tiger stance.
5. Turn left 90°, left double knife hand low block in right back stance.
6. Step forward, right double knife hand low block in left back stance.
7. Turn left 90°, right assisted middle palm block in left tiger stance.(Assisted=other hand under elbow palm down)
8. Followed by right assisted back fist strike to upper lip
9. Turn right 180°, left assisted middle palm block in right tiger stance.
10. Followed by left assisted back fist strike to upper lip
11. Moving right foot, turn left 90°, covered fist position (left hand covers right) in attention (joon-bi) stance.
12. Step forward, simultaneous right low block & left in-to-out middle block followed by simultaneous left low block & right in-to-out middle block in left forward stance.
13. Step forward, simultaneous left low block & right in-to-out middle block followed by simultaneous right low block & left in-to-out middle block in right forward stance.
14. Turn left 270°, double middle hammer block in left forward stance.
15. Right knee target strike, then double middle uppercut punch in right crossed foot stance.
16. Moving left foot, step back, crossed arm low block in right forward stance.
17. Turn right 180°, double middle hammer block in right forward stance.
18. Left knee target strike, then double middle uppercut punch in left crossed foot stance.
19. Moving right foot, step back, crossed arm low block in left forward stance.
20. Moving left foot, left horizontal back fist strike in left walking stance.
21. Right high out-to-in target crescent kick, right target elbow strike in straddle stance.
22. Moving left foot forward, right horizontal back fist strike in right walking stance.
23. Left high out-to-in target crescent kick, left target elbow strike in straddle stance.
24. Left single knife hand middle block without changing straddle stance.
25. Step forward, right side middle punch in straddle stance. YELL!! (KI-HAP)



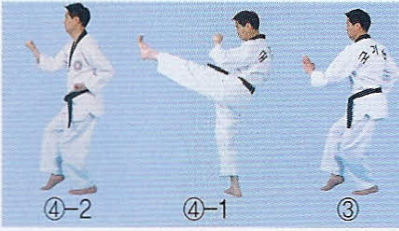
Taeguk Chil-Jang – Red Belt Form

	Stances							Kicks		
Bar	Walking	Square/ Forward	Back	Tiger	Straddle	Crossed	Joon-Bi	Front Kick	Knee Strike	Reverse Crescent
1				4				2		
2			2							
3				2						
4		2					1			
5		4				2			2	
6	2				3					2
Total	2	6	2	6	3	2	1	2	2	2

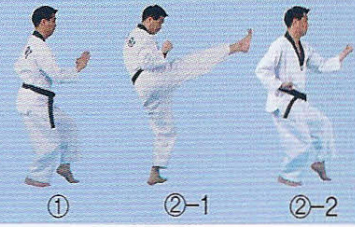
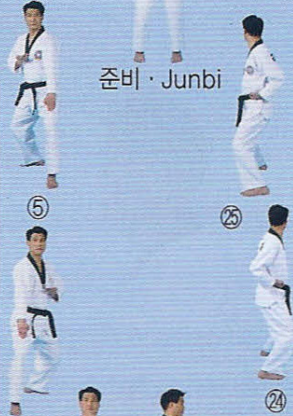
	Blocks					Strikes				
Bar	Low	Middle	Single knife middle	Double Knife Low	Double High	Double Low	Middle Punch	Backfist	Elbow Strike	Double Middle Uppercut
1		2	2							
2				2						
3			2					2		
4	4	4								
5					2	2				2
6			1				3		2	
Total	4	6	5	2	2	2	3	2	2	2

나Na

라1
Ra1

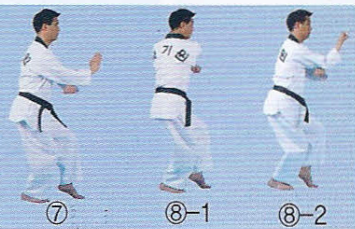
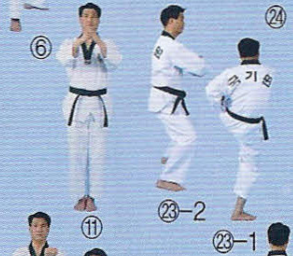


준비 · Junbi



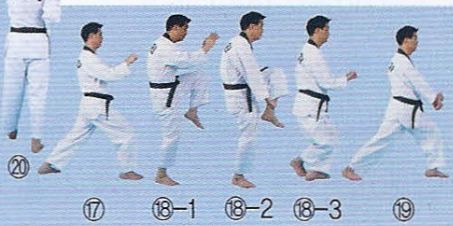
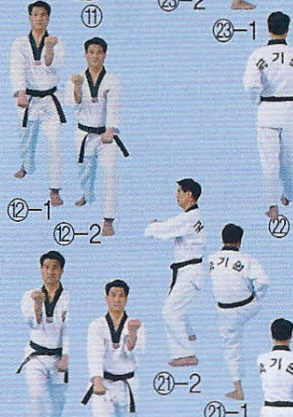
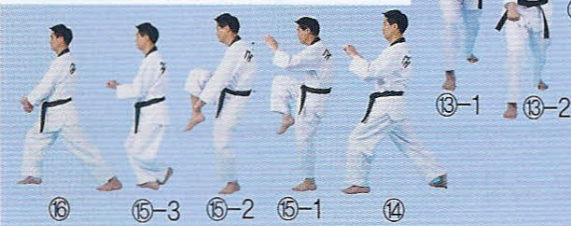
다1
Da1

라2
Ra2



다2
Da2

라3
Ra3



다3
Da3

가Ga

측면
lateral
view

