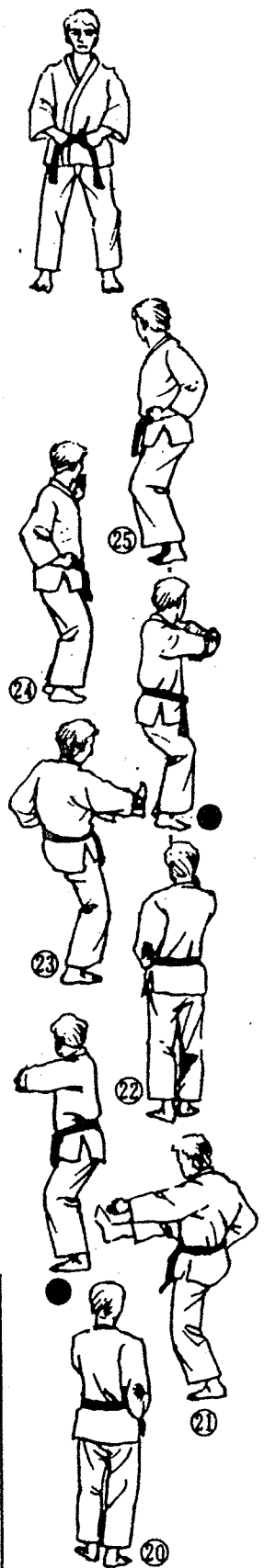
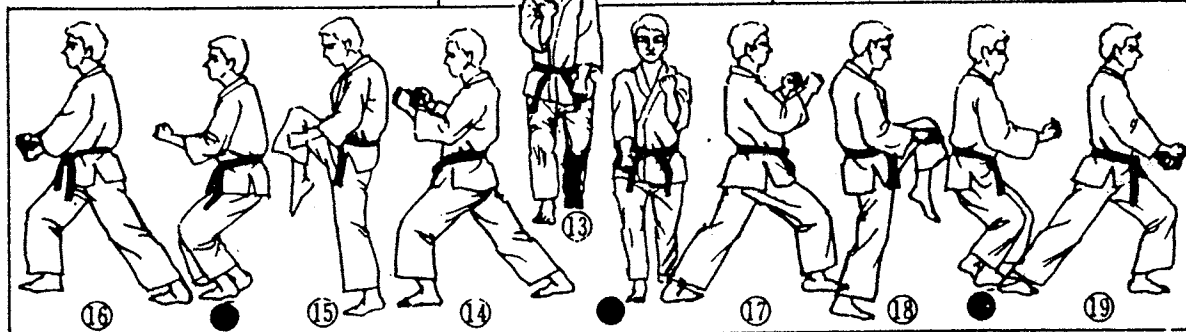
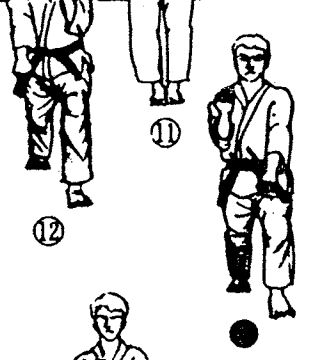
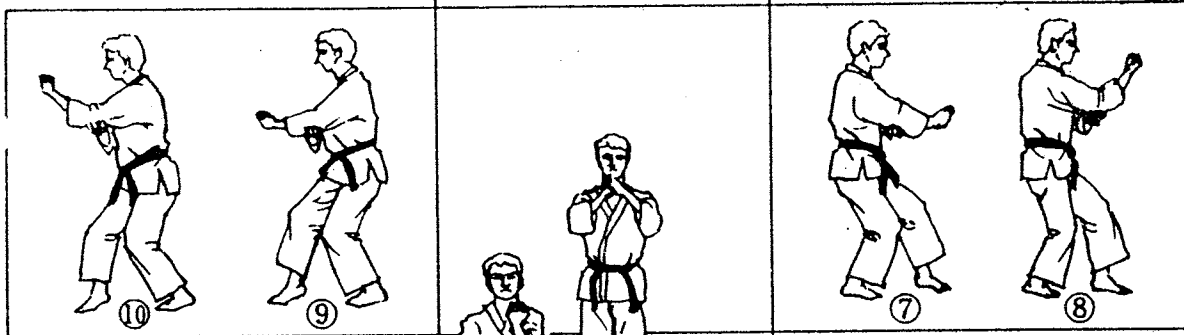
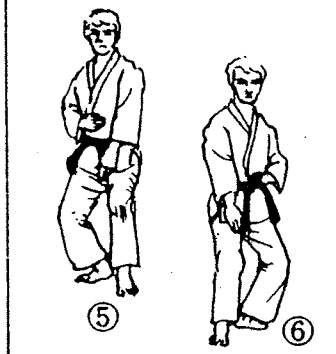
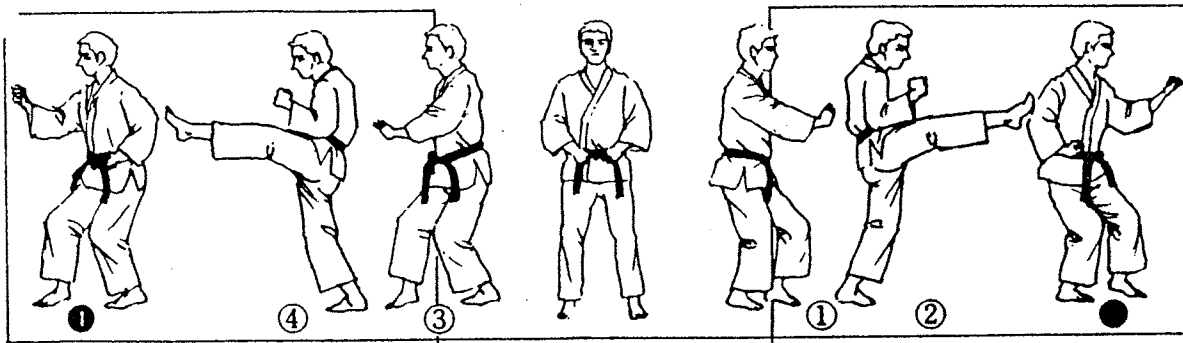


TAE GUK CHIL CHANG #7



TAE GUK CHIL CHANG #7

Attention

Bow

Ready Stance

1. Turn toward 9 o'clock. Assume a left tiger stance (Oen Beom Seogi). Execute a right palm heel body block (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 Beom Seogi). Execute a left outside-inside body block (Oen Monton gan Makki).
3. Pivot clockwise on the left foot toward 3 o'clock. Assume a right tiger stance (Oreun Beom Seogi). Execute a left palm heel body 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 Beom Seogi). Execute a right outside-inside body block (Momtong An Makki).
5. Move the left foot toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a low knife hand block (Sonnal Arae Makki).
6. Advance toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a low knife hand block (Sonnal Arae Makki).
7. Keeping the right foot fixed, move the left foot toward 9 o'clock. Assume a left tiger stance (Oen Beom Seogi). Execute a right palm heel body block (Oreun Batangson Momtong An Makki) with the left fist placed under the right elbow.
8. From the same stance execute a right backfist to the philtrum (Oreun Deung Jeomeok Ape Chigi). Leave the left fist in the same position as in number 7.
9. Turn the body clockwise toward 3 o'clock. Assume a right tiger stance (Oreun Beom Seogi). Execute a left palm heel body block (Batangson Momtong An Makki) with the right fist under the left elbow.
10. Execute a left backfist to the philtrum (Oen Deung Joomeok Ape 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 Attention 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 front stance (Oen Apkoobi). In rapid succession execute a scissor block (right low block) (Bandae Gawi An Makki - Oreun Palmok Arae Makki) followed by a scissor block (left low block) (Oreun Gawi Makki).
- Advance assuming a right front stance (Oreun Apkoobi). Execute a scissor block, left low block (Bandae Gawi Makki) followed rapidly by a scissor block, right low block (Oreun Gawi Makki).
14. Pivot counterclockwise facing 3 o'clock. Assume a left front 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 kick to the face (Mooreupchagi). Keep the right leg cocked, having both fists to the sides, jump forward assuming a crossed stance, right foot to the front (Oreun 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 front stance (Oreun Apkoobi). Bring both hands to the hips, palms up. Execute a low x-block (Eotgeoreo Arae Makki) swiftly.
17. Turn clockwise toward 9 o'clock. Assume a right front stance (Oreun Apkoobi). Execute a wedge block (Bakat Palmok Momtong Hechyo Makki).
18. Execute a left knee kick to the opponent's face (Mooreupchagi). Bring both fists to the sides, jump forward assuming a right 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 front stance (Oen Apkoobi). Execute a low X-block (Eotgeoreo Arae Makki).
20. Move the left foot toward 6 o'clock. Assume a left "T" stance (Oen Pyeonhi Seogi). Execute a left backfist to the temple (Oen Deung Joomeok Eolgool Bakat Chigi).
21. Execute a right outside-inside crescent kick (Pyojeok Chagi). Assume a horseback stance (Joochoom Seogi) 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 "T" stance (Oreun Pyeonhi Seogi). Execute a right backfist strike to the face (Oreun Deung Joomeok Eolgool Bakat Chigi).
23. Execute a left outside-inside crescent kick (Pyojeok Chagi). Assume a horseback stance (Joochoom Seogi). Execute a left elbow strike. (Oen Palkoop Chigi) toward 6 o'clock.
24. With both feet fixed, execute a left knife hand side body block (Oen Hansonnal Momtong Yeop Makki). Bring the right fist to the right hip.
25. Move the right foot forward assuming a horseback stance (Joochoom Seogi). Execute a right side body punch (Oreun Joomeok Yeop Chireugi). Pull the left fist to the left side. Yell (Kihap).

Pivot on the ball of the right foot. Turn counterclockwise toward 12 o'clock.

Ready Stance

Attention

Bow