

Pattern 7 Taeguk Chil Jang

1. Choombi
2. Turn to the left into cat stance left foot in front. Pushing block with the right hand.
3. Front kick with the right foot pulling the foot back into cat stance left foot in front. Inner block with the left hand.
4. Turn on the spot into cat stance right foot in front. Pushing block with the left hand.
5. Front kick with the left foot pulling the foot back into cat stance right foot in front. Inner block with the right hand.
6. Step the left foot forwards into back stance left foot in front. Low double knife hand block.
7. Step the right foot forwards into back stance right foot in front. Low double knife hand block.
8. Step the left foot to the left into cat stance left foot in front. Pressing block with the left hand pushing block with the right together. Backfist to the nose with the right hand.
9. Turn on the spot into cat stance right foot in front. Pressing block with the right hand pushing block with the left together. Backfist to the nose with the left hand.
10. Pull the right foot to the left foot turning to face the front with feet together. Starting by your belt place your left palm on your right fist and slowly raise to face level.
11. Step your left foot forwards into front stance left foot in front. Outer block with your left hand low block with your right (together).
12. Step forwards into front stance right foot in front. Rotate the arms bringing them to an outer block with your right hand low block with your left (together). Then outer block with your left hand low block with your right (together).
13. Reverse turn your left foot to the right into front stance left foot in front. Double outer fist block. Knee with the right leg landing in walking stance and pulling the left foot behind the right into cross leg stance. Double upper cut to the chest.
14. Step the left foot back into front stance right foot in front. Low cross block.
15. Step the right foot behind you into front stance right foot in front. Double outer fist block. Knee with the left leg landing in walking stance and pulling the right foot behind the left into cross leg stance. Double upper cut to the chest.
16. Step the right foot back into front stance left foot in front. Low cross block.
17. Step the left foot to the back into walking stance left foot in front. Back fist to the temple with the left hand.
18. Open the hand to create a target for an inner crescent kick with the right foot. Keep the left hand extended to create a target for an elbow with your right arm as you land in horse riding stance.
19. Pull the left foot up into a walking stance right foot in front. Back fist to the temple with the right hand.

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20. Open the hand to create a target for an inner crescent kick with the left foot. Keep the hand extended to create a target for an elbow with your left arm as you land in horse riding stance.
21. Outer knife hand block with the left hand.
22. Step the right foot forwards into horse riding stance right foot in front. Mid punch with the right hand. Kihap.