

Taegeuk Chil Jang

Part 7 of The Taegeuk (Set of Poomsae)

25 Movements, 4 kicks, 1 punch, 1 keup.

1. Start in the ready or “**Joon Bi**” stance; turn left 90 degrees into left Tiger stance, right palm down strike (**Beom seogi Batangson Makki**).
2. Right front kick, after the kick, place right leg back behind you, so you are in a left tiger stance, execute left hand inside block (**Ap chagi, Beom seogi Momtong Makki**).
3. Turn right 180 degrees into right tiger stance, left palm down block (**Beom seogi Batangson Makki**).
4. Left front kick, after the kick, place right leg behind you, so you are in a right tiger stance. Execute a right hand inside block (**Ap chagi, Beom seogi Momtong Makki**).
5. Turn left 90 degrees, move into left back stance, left double knife hand low block (**Dwi kubi Yang Sonnal Naeryeo Makki**).
6. Step forward into right back stance, right double knife hand low block (**Dwi kubi Yang Sonnal Naeryeo Makki**).
7. Turn left 90 degrees, move into left Tiger stance, right palm down block, with your left palm side down under the right elbow (**Beom seogi Kodureo Batangson Makki**).
8. Immediately execute a reverse back-fist strike by pivoting your elbow, without changing your stance (**Kodureo Deung Jumeok Ap Chigi**).
9. Turn right 180 degrees into right Tiger stance, execute left palm down block, with your right palm side down under the left elbow (**Beom seogi Kodureo Batangson Makki**).
10. Immediately execute a left back fist strike, by pivoting your arm at the elbow, without changing your stance (**Kodureo Deung Jumeok Ap Chigi**).
11. Turn left 90 degrees, place left foot next to right foot, bring both hands into a chamber position by placing your right fist in your left palm, now position them both together in front of your chest. After about 2 seconds, extend them approximately 12 inches in front of your chest (**Moa seogi Bo Jumeok**).
12. Step forward with left foot into left front stance, execute a right hand low block and at the same time a left hand inside block. Simultaneously, without changing stance, execute left low block and a right hand inside block (**Ap kubi Kawi Makki, Kawi Makki**).
13. Step forward with right foot into right foot stance, execute a left hand low block and at the same time a right hand inside block. Simultaneously, without changing stance, execute a right low block and a left hand inside block (**Ap kubi Kawi Makki, Kawi Makki**).
14. Moving left foot, turn left 270 degrees into left front stance and execute a double middle outside block (breaking your opponent’s grip on your neck or shoulders) with your pal part of your fist outward (**Ap kubi Momtong Hecho Makki**).
15. Reach up and grab head of your imaginary opponent with both hands, bring hands down & bring right knee up (knee strike to opponent’s head), hop forward land with right foot with left foot crossed behind, throw a double uppercut (palm up) to opponent’s ribs (**Mureup Ollyeo Chigi, Koa seogi, Dujumeok Jecho Jireugi**).
16. Move left foot back and go into right front stance, double crossed low block (**Ap kubi Otgoreo Arae Makgi**).
17. Move right foot, turn right 180 degrees into right front stance, execute a double outside block (breaking your opponent’s grip on your neck or shoulders), (**Ap kubi Momtong Hecho Makki**).
18. Reach up and grab head of your imaginary opponent with both hands, bring hands down & bring left knee up (knee strike to opponent’s head), hop forward land with left foot with right foot

crossed behind, throw a double uppercut (palm up) to opponent's ribs (**Mureup Ollyeo Chigi, Koa seogi, Dujumeok Jeochu Jireugi**).

19. Move right foot back and go into left front stance, double crossed low block (**Ap kubi Otgoreo Arae Makki**).
20. Left foot steps back into a side walking stance, execute a left back fist (**Ap seogi Deung Jumeok Bakat Chigi**).
21. Open fist and execute face kick with right foot to left palm, stepping into a side horse riding stance, then execute right elbow strike hitting the contact area with your left palm. Bring right leg back into a standing position (**Pyojeok Chagi, Juchum seogi, Palkup Pyojeok Chigi, Ap seogi**).
22. Execute right back fist then open your hand and execute a left face kick with left foot to right palm. Then stepping into a horse riding stance (**Deung Jumeok Bakat Chigi, Pyojeok Chagi, Juchum seogi**).
23. Execute left elbow strike, hitting the contact area with your right palm, landing in a horse riding stance (**Palkup Pyojeok Chigi, Juchum seogi**).
24. Staying in the horse riding stance, execute left hand knife hand block (**Yeop Sonnal Makki**).
25. Clench the knife hand block into a fist, then step up into a horse riding stance executing a right side punch and keup! Bring your left leg back to the original position (**Juchum seogi Momtong Yop Jireugi KI-UP**).