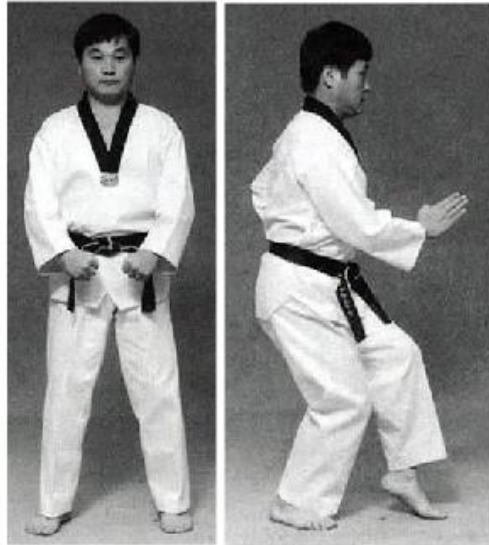
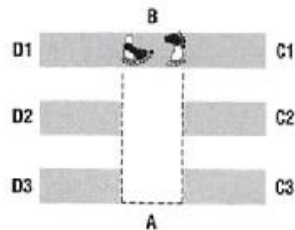


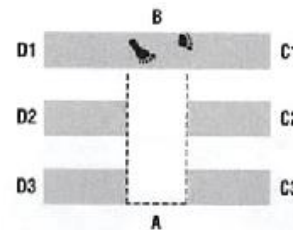
## Form 7 - Taeguek CHIL Jang



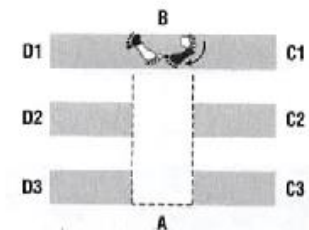
1. Starting in a ready stance on the center of line (D1-C1 at point B), turn to the left (90° toward C1) by moving the left foot into a left tiger stance while executing a palm block with the right hand.



2. With the left foot fixed, execute a front snap kick with the right foot. Step back into a left tiger stance while executing an inside middle block (mahki) with the left arm.



3. Turn to the right (180° toward D1) by moving the right foot into a right tiger stance while executing a palm block with the left hand.



## Form 7 - Taeguek CHIL Jang



4. Execute a front snap kick with the left foot. Step back into a right tiger stance while executing an inside middle block (mahki) with the right arm.



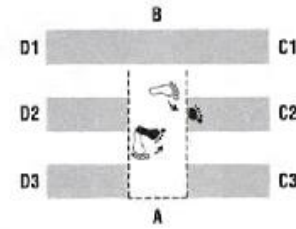
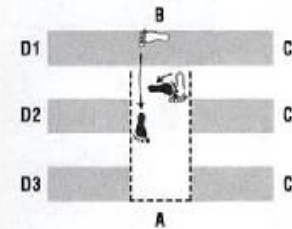
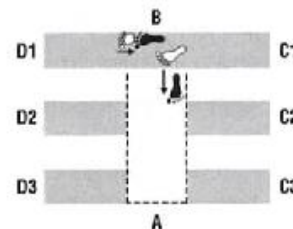
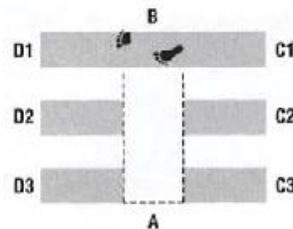
5. Turn to the left (90° toward A) by moving the left foot into a right back stance and execute a low double sudo strike .



6. Step forward into a left tiger stance while executing a low double sudo strike.



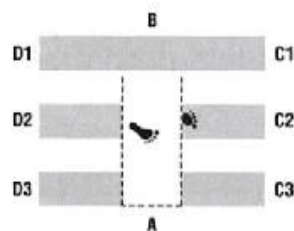
7. Turn to the left (90° toward C2) by moving the left foot into a left tiger stance while executing a palm block with the right hand and moving the left fist under the right elbow.



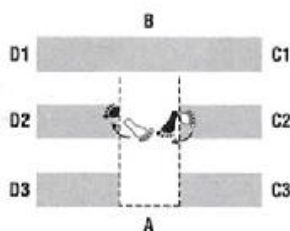
## Form 7 - Taeguk CHIL Jang



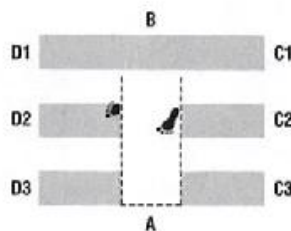
8. Remain in the same stance and execute a back fist strike with the right fist.



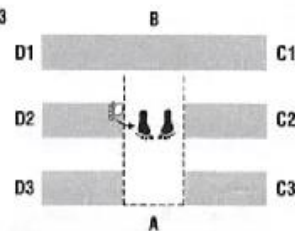
9. Pivoting on the ball of the left foot, turn to the right (180° toward D2) by moving the right foot into a right tiger stance while executing a palm block with the left hand and moving the right fist under the left elbow.



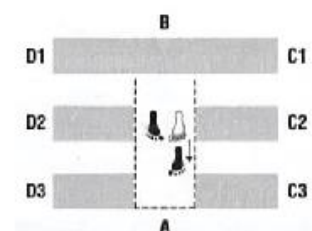
10. Remain in the same stance and execute a back fist strike with the left fist.



11. Pivoting on the ball of the left foot, turn to the left (90° toward A) into a closed stance and place the left palm over the knuckles of the right fist. Raise the fist slowly to the chin level at half arm's length in front of the body.

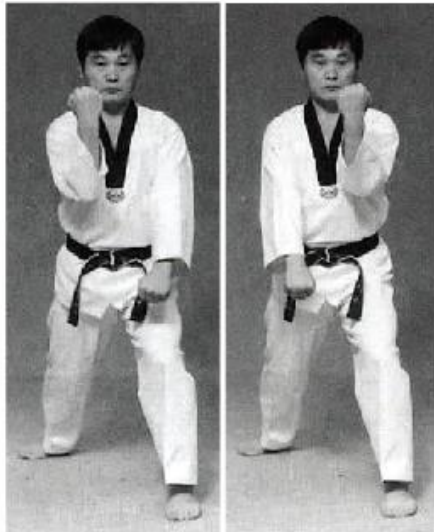


12. With the right foot fixed, step forward with the left foot (toward A) into a left front stance while simultaneously executing an outside middle block with the left arm and a low block with the right arm. Remain in the same stance, execute an outside middle block with the right arm and a low block with the left arm.

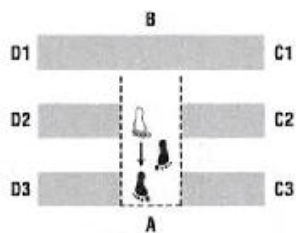




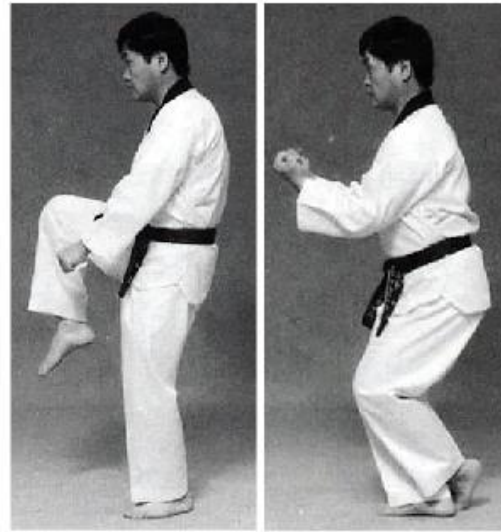
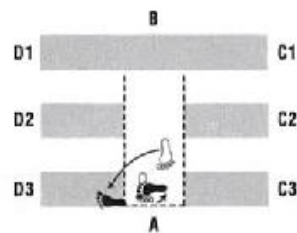
## Form 7 - Taeguk CHIL Jang



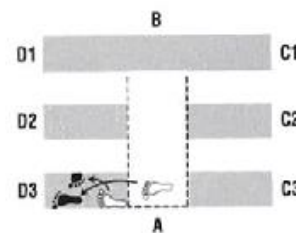
13. With the left foot fixed, move the right foot into a right front stance while simultaneously executing an outside middle block with the right arm and a low block with the left arm. Remaining in the same stance, execute an outside middle block with the left arm and a low block with the right arm.



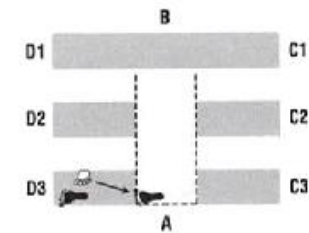
14. Pivoting on the ball of the right foot, turn left (270° toward D3) into a left front stance while executing a double outside palm out middle block. (outer wedge block)



15. Execute a knee strike with the right knee. (Imagine grabbing attacker by head or shoulder and pulling down while striking up into body with your knee). Jump forward into a right cross stance while executing a double uppercut strike into body with both hands.



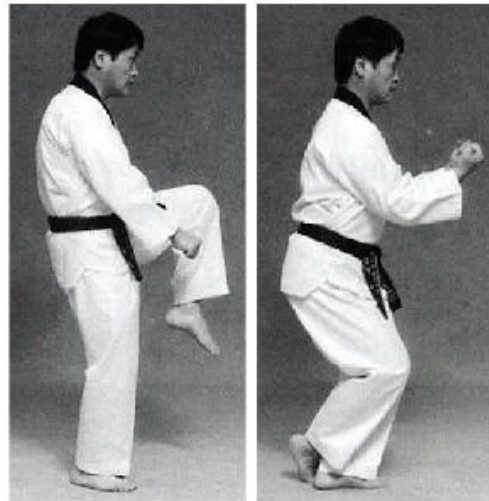
16. Keeping the right foot fixed, step back with the left foot into a right front stance while executing a low X-block.



## Form 7 - Taeguek CHIL Jang



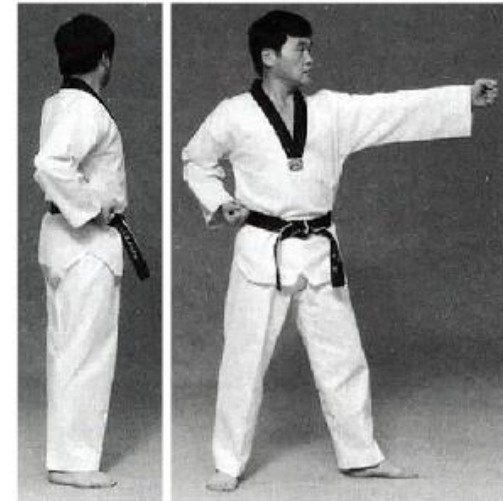
17. Pivoting on the ball of the left foot, turn left (180° toward C3) into a right front stance while executing a double outside palm out middle block. (outer wedge block)



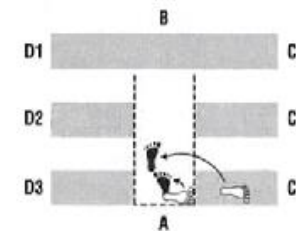
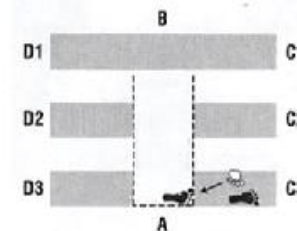
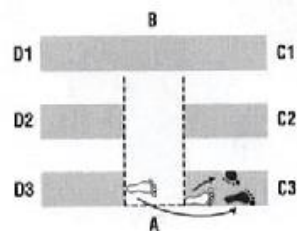
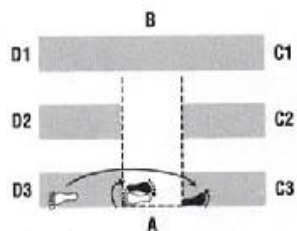
18. Execute a knee strike with the left knee. (Imagine grabbing attacker by head or shoulder and pulling down while striking up into body with your knee). Jump forward into a left cross stance while executing a double uppercut strike into body with both hands.



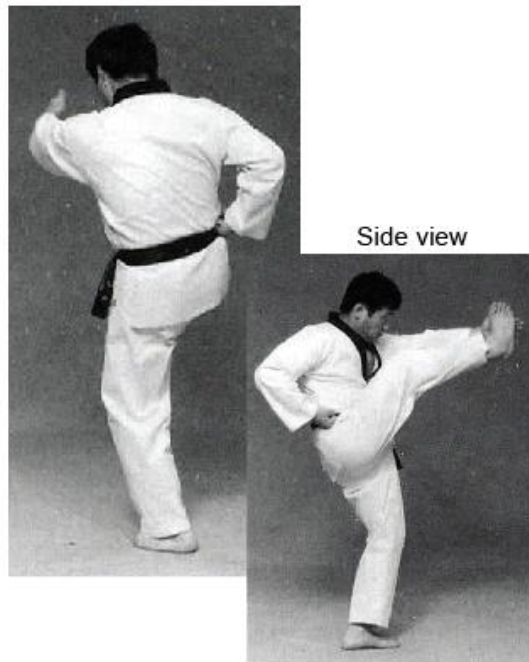
19. Keeping the left foot fixed, step back with the right foot into a left front stance while executing a low X block.



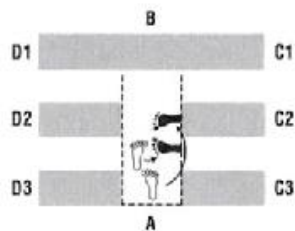
20. Pivoting on the ball of the right foot, turn left (90° toward B) into a left walking stance while executing a back fist with the left hand.



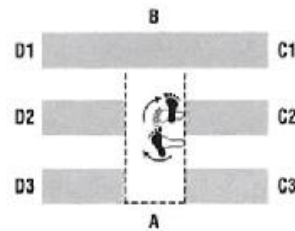
## Form 7 - Taeguk CHIL Jang



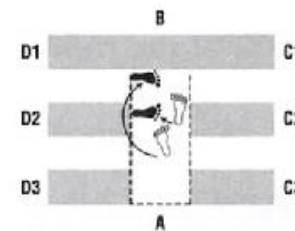
21. Execute an inside crescent kick with the right foot to the left palm. Step down into a horse stance and execute an elbow strike to the left palm with the right elbow.



22. Keeping the right foot fixed, slide the left foot back into a right walking stance while executing a back fist with the right hand.

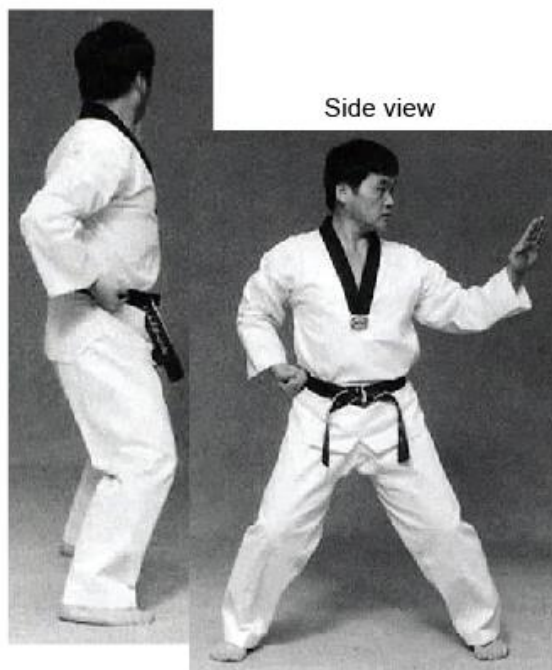


23. Execute an inside crescent kick with the left foot to the right palm. Step down into a horse stance and execute an elbow strike to the right palm with the left elbow.

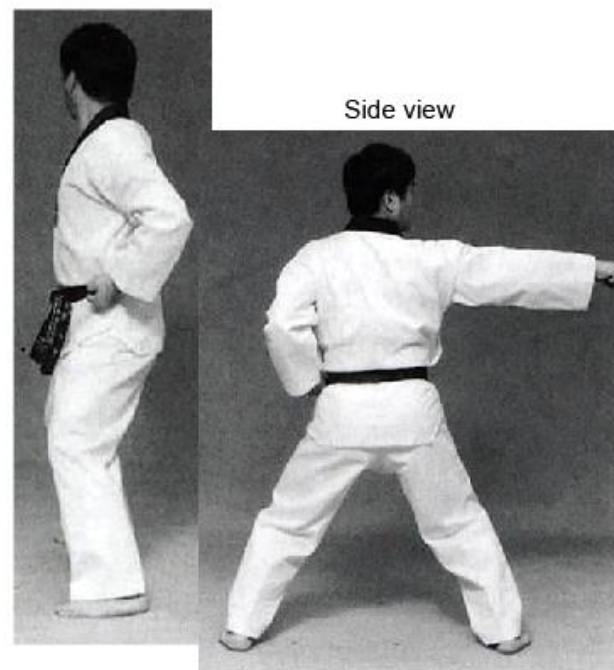
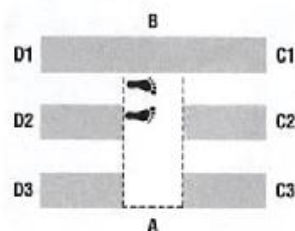




## Form 7 - Taeguk CHIL Jang



24. Keeping both feet fixed, execute a single sudo strike with the left hand.



25. With the left foot fixed, close the left hand into a fist (grabbing the opponent) and pivot the right foot in front (180° toward D1) into a horse stance while executing a side squat punch with the right fist. Kihap!

Pivoting on the ball of the right foot, turn the body to the left and assume a ready stance. (Jhoon-bi)

