

TAEGEUK CHIL JANG (FORM #7)

1. Left foot tiger stance 90 degrees to the left and right hand down block.
2. Left foot step forward, then right foot front kick, return to left foot tiger stance and left hand inside middle block.
3. Turn 180 degrees to the right into tiger stance and left hand down block.
4. Right foot step forward, then left foot front kick, return to tiger stance and right hand inside middle block.
5. Left foot back stance 90 degrees to the left and left hand open double hand low block.
6. Right foot step forward into back stance and right hand open double hand low block.
7. Left foot tiger stance 90 degrees to the left and right hand inside middle palm block (right elbow sits on left fist).
8. Right hand circles into back fist.
9. Turn 180 degrees to the right into tiger stance and left hand inside middle palm block (left elbow sits on right fist).
10. Left hand circles into back fist.
11. Left foot street stance 90 degrees to the left and double hand knife low block, then slowly bring hands and feet together with right hand slowly into fist, then bring hands up to chin slowly, then jerk hands forward.
12. Left foot slide into narrow long stance and double scissor block.
13. Right foot slide into narrow long stance and double scissor block.
14. Left foot long stance 270 degrees to the left and double hand shoulder high block.

15. Right foot knee strike and slap both hands to knee, then leap forward into crane stance and double hand low upper cut, then left foot slide back into long stance and both hands cross at left hip (left hand in front), then crossed hand low block.
16. Right foot step back, turn 180 degrees to the right into long stance and double hand shoulder high block.
17. Left foot knee strike and slap both hands to knee, then leap forward into crane stance then double hand low upper cut, then right foot slide back into long stance and both hands at right hip (right hand in front), then crossed hand low block.
18. Left foot walking stance 90 degrees to the left and left hand back fist.
19. Left hand open palm then right foot crescent kick into left palm then turn 90 degrees to the left into horseback riding stance and right elbow and left palm slaps together.
20. Left foot walking stance 90 degrees to the right with right foot walking stance and right hand back fist.
21. Right hand open palm, then left foot crescent kick into right palm, then turn 90 degrees to the right into horseback riding stance and left elbow and right hand slaps together.
22. Left hand single hand chest block and look to the left.
23. 180 degree turn to the left into horseback riding stance and right hand side punch and look to the right with a yell.

Parro