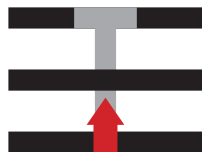
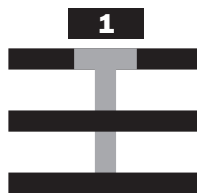


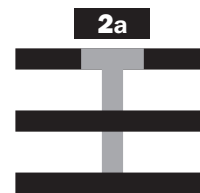
Tae Geuk Chil Jang — Form #7 (page 1 of 2)



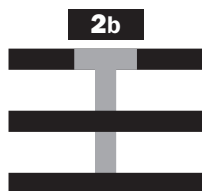
Choon bi



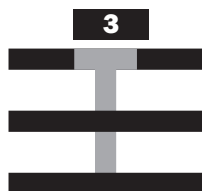
1
Turn 90° left, moving left foot into left tiger stance
Right palm-fist middle block



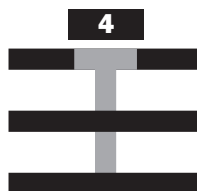
2a
Right leg front-snap kick



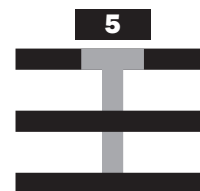
2b
Step down and back w/right foot into original position, resuming left tiger stance
Left arm out-to-in middle block



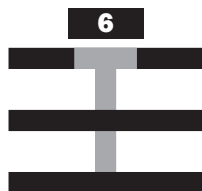
3
Turn 180° right: turn by pivoting on both feet, moving right foot into right tiger stance
Left palm-fist middle block



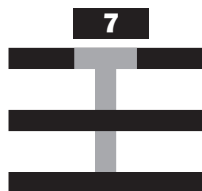
4
Step down and back w/left foot, resuming right tiger stance
Right arm out-to-in middle block



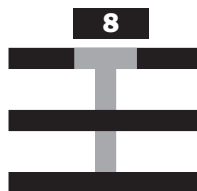
5
Turn 90° left, pivoting on right foot and moving left foot into left back stance
Left (double) knife-hand low block (w/right knife hand palm up, fixed in pit of stomach)



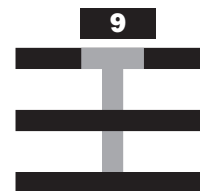
6
Step forward w/right foot into right back stance
Right (double) knife-hand low block (left knife-hand in pit of stomach)



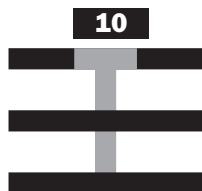
7
Turn 90° left, pivoting on right foot, moving left foot into left tiger stance
Right palm-fist middle block; w/left hand (palm down) supporting beneath right elbow



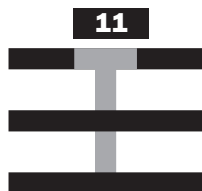
8
Stance same as last movement, turn upper body 45° left, then perform right front back-fist strike to jaw, twisting body back to front for increased power
Left hand continues to support right elbow



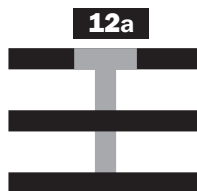
9
Turn 180° right" turn by pivoting on both feet, moving right foot into right tiger stance
Left palm-fist middle block, w/ right hand supporting beneath left elbow



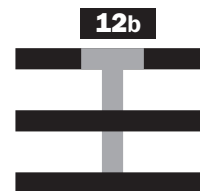
10
Stance same as last movement, turn upper body 45° right, then perform left front back-fist strike to jaw, twisting body back to front for increased power
Right hand continues to support left elbow



11
Turn 90° left, pulling right foot together w/left foot assuming the close stance
Right fist bojumeok (punch up w/right fist into left hand, w/both elbows bent so that forearms are angled upward 45 and hands are at the level of the neck, close to upper body)



12a
Step forward w/left foot into left forward stance
Combination right arm low block and left arm in-to-out middle block



12b
Combination left low block and right in-to-out middle block

Tae Geuk Chil Jang — Form #7 (page 2 of 2)

13a



Step forward w/right foot into right forward stance
Combination left low block and right in-to-out middle block
Combination right low block and left in-to-out middle block

14



Turn 270° left, moving left foot into left forward stance
Double palm down in-to-out middle blocks (both fists end out in front of body)

15a



Right knee strike, w/fists striking downward on both sides of knee

15b



Jump forward off left foot into right cross stance (right foot flat, 45 out, left leg crossed behind, on toe, both knees bent, shoulders square facing forward)
Simultaneous double middle uppercut punches to opponent's solar plexus

16



Step back w/left foot, assuming right forward stance
Low cross block

17



Turn 180° right, moving right foot into right forward stance
Double palms down in-to-out middle blocks

18a



Left knee strike, w/fists striking downward on both sides of knee

18b



Jump forward off right foot into left cross stance
Simultaneous double middle uppercut punches to enemy's solar plexus

19



Step back w/ right foot, assuming left forward stance
Low cross block

20



Turn 90° left, moving left foot into left walking stance; left hand in-to-out backfist strike (from chest outward, attacking side of opponent's face, end w/arm straight out, palm toward right side)

21a



Right leg crescent moon kick, using left palm as the target

21b



Turn 90° left and step down to side (south) w/right foot into horseback riding stance (body and face toward east)
Right arm elbow-strike, using left hand as the target

22



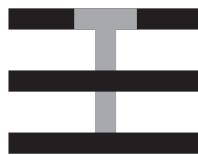
Turn 90° right and pull left foot forward slightly, assuming right walking stance
Right hand in-to-out backfist strike

23a



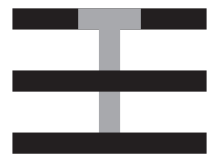
Left leg crescent kick, using right palm as the target

23b



Turn 90° right and step down to side (south) w/left foot into horseback riding stance (body and face toward west)
Left arm elbow-strike, using right hand as the target

24



Stance is same as last movement but turn head 90 left (toward south) to face opponent
Left arm side single knife-hand in-to-out middle block, other fist fixed at hip

25a



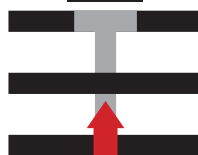
Turn body 180° left, moving right foot around and to the side (south), assuming horseback riding stance; body faces east, head toward south; right hand side middle punch

25b



Turn 90° to left (CCW), pivoting on right foot ...

25c



... bringing left foot back into **choon bi** position, facing forward as in beginning



JUNG DO KWAN
MARTIAL ARTS

KI YAP!