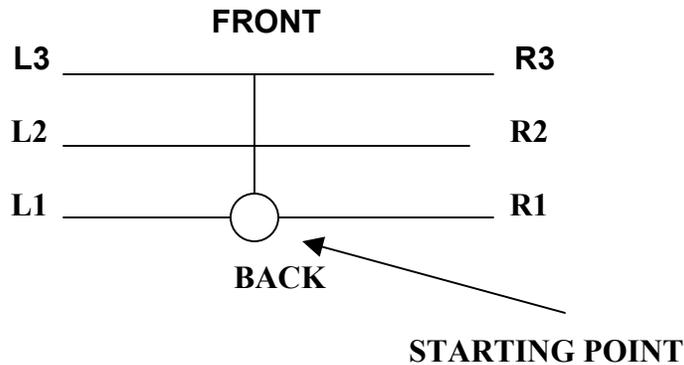


# TAE GUK (HIL JANG (7)



## Joon bi facing the front

1. Look left and pivot toward L-1 into a left tiger stance with a right palm cross block
2. Execute a right front kick, bringing kicking foot back to the original position in tiger stance and execute a left inside block
3. Look right and pivot 180 degrees clockwise toward R-1 into a right tiger stance with a left palm cross block
4. Execute a left front kick, bringing kicking foot back to original position in tiger stance and execute a right inside block
5. Look to the front and move left foot toward the front into a left back stance and execute a low double knife-hand block
6. Step forward with the right foot to the front into a right back stance and execute a low double knife-hand block
7. Move left foot toward L-2 into a left tiger stance and execute a left palm cross block with a right fist under elbow, then execute a right back fist to L-2
8. Look right and pivot 180 degrees clockwise toward R-2 into a right tiger stance and execute a right palm cross block with a left fist under elbow, then execute a left back fist to R2
9. Turn body counter-clockwise 90 degrees to face the front in a ready stance while moving both hands are brought up from the side together at chin level with left palm covering right fist (slowly)
10. Step left foot forward toward the front into a front stance with a scissors block (left low -to- outside block with a right low block)

- 11.** Step right foot forward while reversing the hand positions, then repeat the scissors block in a right front stance toward the front (right low -to-outside block with a left low block)
- 12.** Look left, pivot on right foot and move left foot 270 degrees counter-clockwise into a left front stance toward R-3 with both palms face out at chin level
- 13.** Execute a right knee strike while pulling both palms down to knees, jump forward to toward R-3 and land on right foot with left leg crossed (cross stance) behind while executing a double middle upper cut strike, move left foot back into a right front stance with both fists at the belt, and then execute a low cross-block toward R-3 (right on top)
- 14.** Look right, pivot on left foot and move left foot 180 degrees clockwise into a right front stance toward L-3 with both palms face out at chin level
- 15.** Execute a left knee strike while pulling both fists down to knees, jump forward to toward L-3 and land on left foot with right leg crossed behind (cross stance) while executing a double middle upper cut strike, move right foot back into a left front stance with both fists at the belt, and then execute a low cross-block toward L-3 (left on top)
- 16.** Move left foot 90 degrees counter-clockwise into a walking stance toward the back with a left horizontal back fist strike
- 17.** Open left hand and execute a inside crecen kick to left palm, lowering foot down into a horse stance with a right elbow strike to the left palm facing R-2. Look right, move right foot into a front and execute a horizontal back fist to the back
- 18.** Open right hand and execute a left inside crecen kick to the right palm, lowering foot down into a horse stance with a left elbow strike to the right palm facing L-2. Look left and execute a left single knife-hand block toward the back
- 19.** Step right foot toward the back into a horse stance (body facing R-1) with a right side punch toward the back - KIAP!

\* Move left foot back to the right to face the front in Joon bi stance

**ONE TEAM, ONE FIGHT !!**

