

Poomse Taegeuk Chil Jang (#7)

- ✓ Chunbee stance (ready stance)
- ✓ Charyut (attention stance) and Kyongneh (Bow)
- ✓ Chunbee stance (ready stance)

1. Middle palm block, cat stance.
2. High front kick, middle block, and cat stance.
3. Middle palm block, cat stance.
4. High front kick, middle block, and cat stance.
5. Low double knife-hand block, back stance.
6. Low double knife-hand block, back stance.
7. Palm block, back fist, cat stance.
8. Palm block, back fist, cat stance.
9. Wrapped fist, closed leg stance.
10. Scissor block, front stance.
11. Scissor block, front stance.
12. Middle wedge block, front stance.
13. Knee strike, double forearm punch, crossed leg stance.
14. Low X block, front stance.
15. Outer arm block, front stance.
16. Knee strike, double forearm punch, crossed leg stance.
17. Low X block, front stance.
18. Back fist, walking stance.
19. High crescent kick, elbow strike, horseback-riding stance.
20. Back fist, walking stance.
21. High crescent kick, elbow strike and horseback-riding stance.
22. Single Knife hand block and horseback-riding stance.
23. Middle punch, kihap and horseback-riding stance.