

TAEGEUK CHILL JANG #7

TURN LEFT 90 LEFT CAT STANCE RIGHT LOW PERRY BLOCK
RIGHT FRONT SNAP KICK STEP BACK TO LEFT CAT STANCE
LEFT MIDDLE OUT TO IN BLOCK

TURN RIGHT 180 RIGHT CAT STANCE LEFT LOW PERRY BLOCK
LEFT FRONT SNAP KICK STEP BACK TO RIGHT CAT STANCE
RIGHT MIDDLE OUT TO IN BLOCK

TURN LEFT 90 LEFT BACK STANCE HIGH LOW KNIFE

STEP STRAIGHT WITH RIGHT FOOT TO RIGHT BACK STANCE
HIGH LOW KNIFE

DRAW LEFT FOOT TO A LEFT CAT STANCE FACING LEFT
RIGHT PALM STRIKE RIGHT BACK FIST.
LEFT HAND OPEN AND UNDER RIGHT ELBOW

TURN 180 RIGHT TO A RIGHT CAT STANCE LEFT PALM STRIKE LEFT BACK
FIST RIGHT HAND OPEN AND UNDER LEFT ELBOW

OPEN LEFT HAND CLOSE RIGHT HAND SLIDE THE TWO TOGETHER WHILE
TURNING LEFT 90 AND PLACING BOTH FEET TOGETHER LEFT THUMB
SHOULD END UP IN THE HOLE CREATED IN THE FIST OF THE RIGHT HAND
AT THE THUMB AND FIRST FINGER EXTEND BOTH HANDS TOGETHER.

STEP OUT IN TO LEFT LONG STANCE LEFT BACK FIST RIGHT LOW PUNCH
RIGHT BACK FIST LEFT LOW PUNCH

STEP OUT TO A RIGHT LONG STANCE RIGHT BACK FIST LEFT LOW PUNCH
LEFT BACK FIST RIGHT LOW PUNCH

TURN LEFT 270 DOUBLE HIGH PUNCH DOUBLE GRAB TO THE HEAD.
PULL HEAD TO RIGHT KNEE AS YOU BRING THE KNEE UP.(YELL)
JUMP FORWARD INTO A DIAMOND STANCE DOUBLE UPPER CUT.
STEP BACK WITH LEFT FOOT IN TO A RIGHT LONG STANCE CROSS ARMS
AT LEFT SIDE CROSS X BLOCK IN FRONT OF YOU

TURN RIGHT 180 TO A RIGHT LONG STANCE DOUBLE HIGH PUNCH
DOUBLE GRAB TO THE HEAD PULL THE HEAD TO YOUR LEFT KNEE AS
YOU BRING YOUR LEFT KNEE UP (YELL) AND JUMP FORWARD IN TO A
DIAMOND STANCE AND DOUBLE UPPER CUT
STEP BACK WITH RIGHT FOOT INTO A LEFT LONG STANCE CROSS ARMS
TO RIGHT SIDE THEN X BLOCK IN FRONT OF YOU.

TURN 90 TO THE LEFT LEFT HIGH STANCE VERTICAL BACK FIST
OPEN HAND RIGHT CRESCENT KICK TO LEFT OPEN HAND LAND IN
RIDING HORSE STANCE RIGHT ELBOW SMASH

TURN RIGHT 90 RIGHT HIGH STANCE RIGHT VERTICAL BACK FIST
OPEN THE RIGHT HAND A LEFT CRESCENT KICK TO THE OPEN HAND
LAND IN RIDING HORSE STANCE LEFT ELBOW SMASH

FROM LAST RIDING HORSE STANCE LEFT SINGLE KNIFE HAND BLOCK

CROSS STEP OVER WITH RIGHT FOOT INTO ANOTHER RIDING HORSE
STANCE RIGHT STRAIGHT PUNCH TO THE RIGHT SIDE (YELL)