

# Tae Geuk 7

## Chil Jong

to earn Dan Bo

#	+	Move	Stance	Action
1	W	Left	L cat	R-middle inside palm block (left fist at belt)
2		Forward		R-front snap kick
		<drop>	L cat	L-inside middle block
3	E	Right	R cat	L-middle inside palm block (right fist at belt)
4		Forward		L-front snap kick
		<drop>	R cat	R-inside middle block
5	N	Left	L back	low knifehand block
6		Forward	R back	low knifehand block
7	W	Left	L cat	R-middle inside palm block (left fist under r-elbow)
		<fixed>	L cat	R-high backfist strike (to the face) (left fist under r-elbow)
8	E	Right	R cat	L-middle inside palm block (right fist under l-elbow)
		<fixed>	R cat	L-high backfist strike (to the face) (right fist under L-elbow)
9	N	Lf -> Rf	Feet together	Right fist in left hand (at neck-level) (5 second count)
10		Forward	L Long	scissors block (L-up, R-down)
		<fixed>	L Long	scissors block (R-up, L-down)
11		Forward	R Long	scissors block (R-up, L-down)
		<fixed>	R Long	scissors block (L-up, R-down)
12	E	Left	L Long	Double middle forearm blocks (fists - palms down)
		Forward	Lf fixed	Grab opponent, pull both fists downward into R-knee strike
		Hop forward	Rf x'd in front of L	Squat rather low, and do double upset punches
		Lf slides backward into R forward		low X-block (R fist over L)
13	W	Right	R Long	Double middle forearm blocks (fists - palms down)
		Forward	Rf fixed	Grab opponent, pull both fists downward into a L-knee strike
		Hop forward	Lf x'd in front of R	Squat rather low, and do double upset punches
		Rf slides backward into L forward		low X-block (L fist over R)
14	S	Left	L walking	L-high backhand strike (to the temple)
15		Forward		Open the blocking fist, and do
				R-inside crescent kick to L palm
		Land	Horse (chest-E)	Now, do a R-elbow strike to the L-palm
		<Shift>Rf	R walking	R-high backhand block (to the temple)
16		Forward		Open the blocking fist, and do L-inside crescent kick to R-palm
		Land	Horse (chest-W)	Now, do a L-elbow strike to the R-palm
		<fixed>	Horse (chest-W)	L-middle knifehand block (open handed, and right fist @ belt)
17		Forward	Horse (chest-E)	R-middle side punch <Yell!> (left fist @ belt)
	N	Left		Pull left foot into the right, Geuman