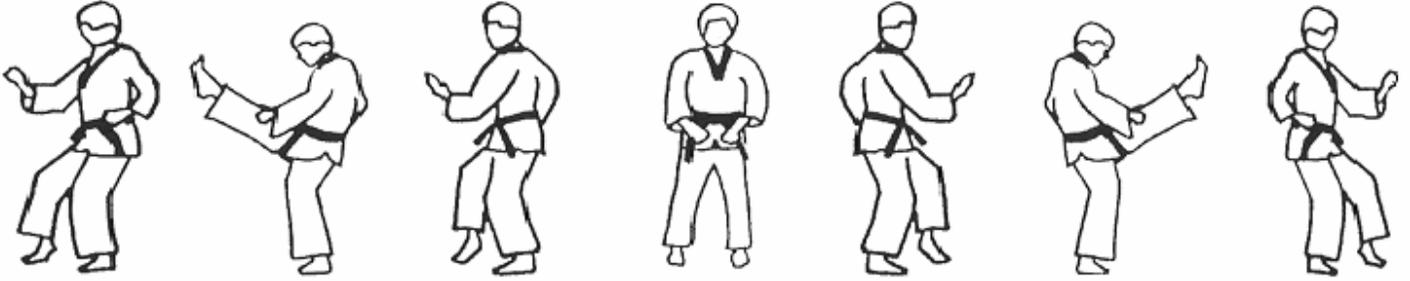


POOMSE TAEGEUK CHIL JANG

WTF TAEKWONDO POOMSE #7



5B. RIGHT INSIDE MIDDLE BLOCK 5A. LEFT FRONT KICK 4. LEFT PALM BLOCK 1. READY STANCE 2. RIGHT PALM BLOCK 3A. RIGHT FRONT KICK 3B. LEFT OUTSIDE MIDDLE BLOCK

1. Ready stance.
2. Turn to left 90 by moving left foot into left tiger stance, right middle palm block.
- 3A. Without moving left foot, right front kick.
- 3B. Step back into left tiger stance, left inside middle block.
4. Moving right foot, turn 180 to right into right tiger stance, left middle palm block.
- 5A. Without moving right foot, left front kick.
- 5B. Step back into right tiger stance, right inside middle block.
6. Moving left foot turn 90 to left into right back stance, left double knife hand low block.



6. LIFT DOUBLE KNIFE LOW BLOCK 7. RIGHT DOUBLE KNIFE LOW BLOCK 25. LEFT MIDDLE KNIFE BLOCK 26. RIGHT MIDDLE PUNCH

21. Moving left foot, turn 90 to left into left walking stance, left outward backfist.
- 22A. Pivoting on left foot, right crescent kick.
- 22B. Step down into horse riding stance right elbow strike to the left palm.
23. Draw left foot into right walking stance, right outward backfist.
- 24A. Pivoting on right foot, left crescent kick.
- 24B. Step down into horse riding stance, left elbow strike to right palm.
25. Without moving feet, left middle knife block.
26. Moving right foot, step forward into horse riding stance, right middle side punch.
27. Return to ready stance.



11 LEFT BACKFIST. 10. LEFT PALM BLOCK 12. COVERED FIST 23. RIGHT BACKFIST 24A. LEFT CRESCENT KICK 24B. LEFT ELBOW STRIKE 8 RIGHT PALM BLOCK 9. RIGHT BACKFIST

7. Step forward with right foot into left back stance, right double knife hand low block.
8. Moving left foot, turn 90 to left into left tiger stance, right augmented palm block.
9. Without moving feet, right backfist.
10. Moving right foot, turn 180 to right into right tiger stance, left augmented palm block.
11. Without moving feet, left backfist.
12. Move right foot, turn 90 to left into close stance, covered fist.
13. Moving left foot, step forward into left front stance, double scissors blocks.
14. Moving right foot, step forward into right front stance, double scissors blocks.



13. SCISSORS BLOCK 22A. RIGHT CRESCENT KICK 22B. RIGHT ELBOW STRIKE

15. Turn body 180 to right into right tiger stance, right double knife hand block.
- 16A. Without moving left foot, right front kick.
- 16B. Step down into right front stance, left punch.
17. Slide right foot into right tiger stance, right palm block.
18. Moving right foot, turn 90 to right into left back stance, right double arm low block.
- 19A. Left front kick and without putting foot down, right jump front kick.
- 19B. Step down into right front stance, right inside middle block.
- 19C. Without moving feet, left punch. (kipap)
20. Moving left foot, turn 180 to left into right back stance, left knife hand block.



17. LOW CROSS BLOCK 16B. DOUBLE UPPERCUT 16A. RIGHT KNEE STRIKE 15. OUTER WEDGE BLOCK 14. SCISSORS BLOCK 21. LEFT BACKFIST 18. OUTER WEDGE BLOCK 19A. LEFT KNEE STRIKE 19B. DOUBLE UPPERCUT 20. LOW CROSS BLOCK