

# Taegeuk Chiljang



- 1) Pivot on right foot counterclockwise, step toward B with left foot into left foot forward cat stance, right inward palm block
- 2) Rear (right) leg front snap kick toward B, land right leg backward into left foot forward cat stance, left inside block
- 3) Pivot on left foot clockwise, step toward C with right foot into right foot forward cat stance, left inward palm block
- 4) Rear (left) leg front snap kick toward C, land left leg backward into right leg forward cat stance, right inside block
- 5) Pivot on right foot counterclockwise, step toward D with left foot into left foot forward back stance, low knife hand guarding block
- 6) Step toward D with right foot into right foot forward back stance, low knife hand guarding block
- 7) Pivot on right foot counterclockwise, step toward B with left foot into left foot forward cat stance, right hand supported inward palm block, right hand supported backfist
- 8) Pivot on left foot clockwise, step toward C with right foot into right foot forward cat stance, left hand supported inward palm block, left hand supported backfist
- 9) Pivot on left foot counterclockwise, moving left foot toward right while bending knees, bending forward slightly at the waist and bringing right fist into left hand, then stand at attention and move hands up in front of chin
- 10) Step toward D with left foot into left front stance left outside block / right low block, right outside block, left low block
- 11) Step toward D with right foot into right front stance right outside block / left low block, left outside block / right low block
- 12) Pivot on right foot counterclockwise, step toward C with left foot into left front stance, double outside forearm block
- 13) Reach forward with both hands as if grabbing an attacker's head, pull arms down, right leg knee strike, drop right foot forward toward C, move left foot behind right foot into X stance, double uppercut
- 14) Step backward toward B with left foot into right front stance, low pressing block
- 15) Pivot on left foot clockwise, step toward B with left foot into right front stance, double outside forearm block

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- 17) Step backward toward C with right foot into left front stance, low pressing block
- 18) Pivot on right foot counterclockwise moving left foot toward A into left walking stance facing B, left backfist
- 19) Right leg inside crescent kick toward A slapping left hand, drop right foot toward A into horse stance facing C, right elbow strike into left hand
- 20) Move left foot toward right foot into right walking stance, right backfist toward A
- 21) Left leg inside crescent kick toward A slapping right hand, drop left foot toward A into horse stance facing B, left elbow strike into right hand, left middle knife hand block toward A
- 22) Pivot on left foot counterclockwise moving right foot toward A into horse stance facing C, right middle side punch toward A - Kihap
- 23) Pivot counterclockwise with left foot to junbi facing D