

# POOMSE: TAE-GEUK CHIL-JANG

On certain motions when changing directions your feet must first come together. This will happen by sliding your left foot to your right foot (\* denotes this motion) or by sliding your right foot to your left foot (\*\* denotes this motion).



6)Left leg returns to tiger stance inside body block



5)Left leg front kick



4)180° turn right pivot on left foot tiger stance inside palm block



Ready Stance



1)90° turn left pivot on right foot tiger stance inside palm block



2)Right leg front kick



3)Right leg returns to tiger stance inside body block



7)\*\*90° turn left back stance double knife hand low block



8)Step forward back stance double knife hand low block



9)90° turn left pivot on right foot tiger stance reinforced inside palm block



10)Right hand back fist



11)180° turn right pivot on left foot tiger stance reinforced inside palm block



12)Left hand back fist



13)90° turn left intermediate ready position



19)Right knee hit



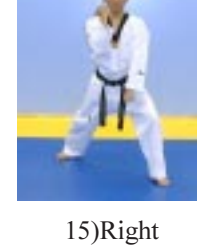
18)270° turn left pivot on right foot front stance choke block



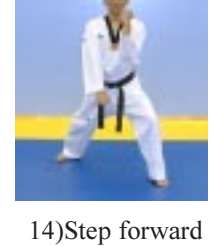
17)Left scissors block



16)Step forward front stance right scissors block



15)Right scissors block



14)Step forward front stance left scissors block



21)Step back left leg front stance kick block



20)Jump on right foot twist stance double body uppercut



22)180° turn right pivot on left foot front stance choke block



23)Left knee hit



24)Jump on left foot twist stance double body uppercut



25)Step back right leg front stance kick block



26)90° turn left  
pivot on right foot  
walking stance  
back fist



27)Right leg  
inside crescent kick



28)90° turn left  
land in  
horse stance  
right elbow smash



29)90° turn right  
pivot on left foot  
walking stance  
back fist



30)Left leg  
inside crescent kick



31)90° turn right  
land in  
horse stance  
left elbow smash



32)Turn left  
back stance  
single knife hand  
body block



33)Step forward  
horse stance  
body punch  
Ki-hap



Turn left  
pivot on right foot  
Finish Position