

# Tae Guk Chil Jang

Lf = Left Foot, Rf = Right Foot, cw = clockwise, ccw = counter clockwise  
Punches are middle section unless otherwise noted

1. Joombi
2. Lf 90° ccw cat stance, right palm block
3. Rf front snap kick, land back in cat stance left inside block
4. Rf 180° cw cat stance, left palm block
5. Lf front snap kick, land back in cat stance right inside block
6. Lf 90° ccw back stance low section double knife hand block
7. Rf back stance low section double knife hand block
8. Lf steps up and out 90° ccw to cat stance right re-enforced palm block, right re-enforced back fist
9. Rf 180° cw cat stance left re-enforced palm block, left re-enforced back fist
10. Lf matches to Rf, arms rise in and up from abdomen with left wrapped around right fist to philtrum (5 count)
11. Lf front stance scissors block (left chambers at right hip first, rotate shoulders/hips into motion)
12. Rf front stance scissors block (right chambers at left hip first, rotate shoulders/hips into motion)
13. Lf 270° ccw to front stance double outside forearm block (left chambered on outside)
14. Right vertical knee strike (slap through hands) to twist stance double upper cut (palms chambered facing down at hips), step back left, front stance low “x” block (chambered vertically on left hip, left on top)
15. Rf 180° cw front stance double outside forearm block (right chambered on outside)
16. Left vertical knee strike (slap through hands) to twist stance double upper cut (palms chambered facing down at hips), step back right, front stance low “x” block (chambered vertically on right hip, right on top)
17. Lf 90° ccw walking stance, vertical back fist
18. Open left hand, right inside crescent kick to hand, land horse stance, right elbow smash
19. Lf steps up, walking stance, right vertical back fist
20. Open right hand, left inside crescent kick to hand, land horse stance, left elbow smash
21. Turn head 90° ccw for horse stance, single knife hand block
22. Rf steps forward, horse stance side punch. KIYAP!
23. Lf steps back. Ba-rol