

Poomse Taegeuk Chil Jang WTF Taekwondo Poomse #7



4b. right inside middle block



4a. left front kick



3. left palm block



Choon Be & Baro



1. right palm block



2a. right front kick



2b. left inside middle block

Choon Be

1. Turn to the left 90° by moving the left foot into left tiger stance, right middle palm block.
- 2a. Without moving the left foot, right front kick; b. Step back into left tiger stance, left inside middle block.
3. Moving the right foot, turn 180° to the right into right tiger stance, left middle palm block.
- 4a. Without moving the right foot, left front kick; b. Step back into right tiger stance, right inside middle block.
5. Moving the left foot, turn 90° to the left into right back stance, left double knife hand low block.



5. left double knife hand low block



6. right double knife hand low block



24. left middle knife hand block



25. right middle punch

20. Moving the left foot, turn 90° into left walking stance, left outward backfist.
 - 21a. Pivoting on the left foot, right crescent kick; b. Step down into horse riding stance, right elbow strike to the left palm.
 22. Draw the left foot into right walking stance, right outward backfist.
 - 23a. Pivoting on the right foot, left crescent kick; b. Step down into horse riding stance, left elbow strike to the right palm.
 24. Without moving the feet, left middle knife hand block.
 25. Moving the right foot, step forward into horse riding stance, right middle side punch. (Kihap)
- Baro- Return to Ready Stance



10. left backfist



9. left palm block



11. covered fist



22. right back fist



23a. left crescent kick



23b. left elbow strike

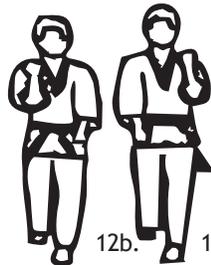


7. right palm block



8. right backfist

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



12. scissors block

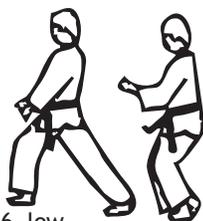


21a. right crescent kick



21b. right elbow strike

14. Moving the left foot, turn 270° to the left into left front stance, middle wedge block.
- 15a. Without moving the left foot, right knee strike; b. Without dropping the right leg, jump forward into cross stance, double uppercut.
16. Step back with the left foot into right front stance, cross wrist low block.
17. Moving the right foot, turn 180° to the right into right front stance, middle wedge block.
- 18a. Without moving the right foot, left knee strike; b. Without dropping the left leg, jump forward into cross stance, double uppercut.
19. Step back with the right foot into left front stance, cross wrist low block.



16. low cross block



15b. double uppercut



15a. right knee strike



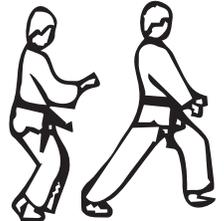
14. outer wedge block



13. scissors block



20. left back fist



17. outer wedge block

18a. left knee strike

18b. double uppercut

19. low cross block