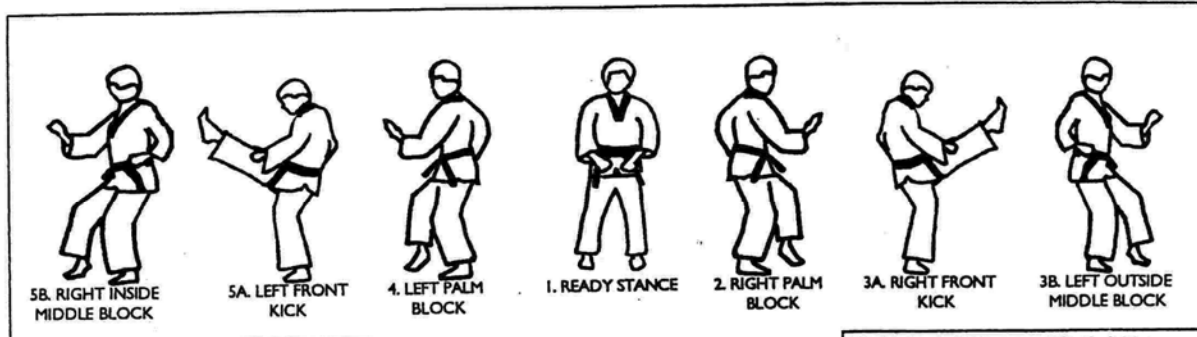


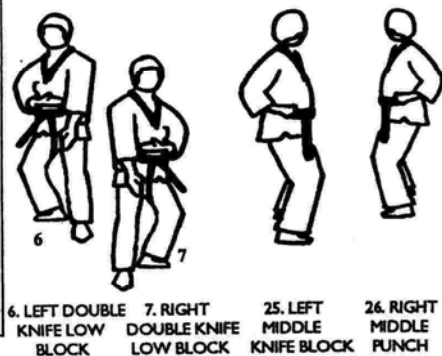
POOMSE TAEGEUK CHIL JANG

WTF TAEKWONDO POOMSE # 7

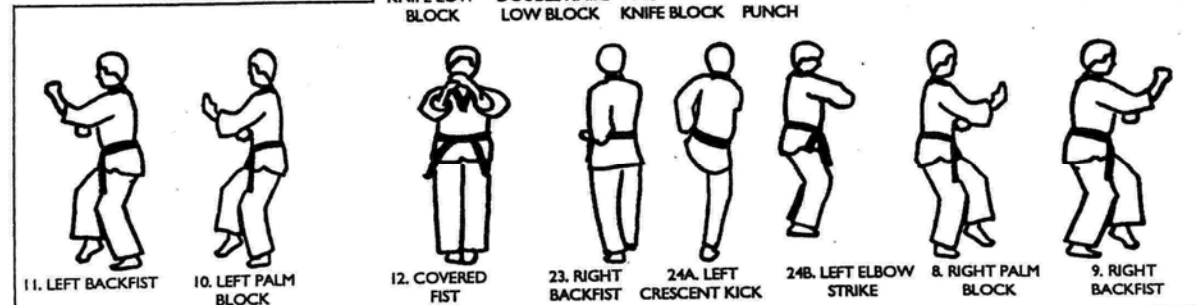


POOMSE TAE GEUK CHIL JANG

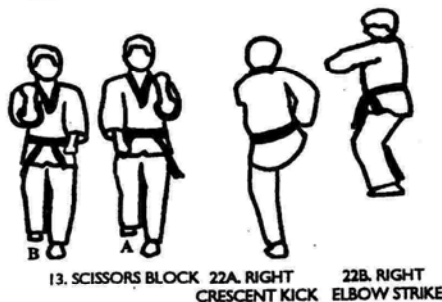
- Ready stance
- Turn to the left 90° by moving the left foot into left tiger stance, right middle palm block.
- A. Without moving the left foot, right front kick
B. Step back into left tiger stance, left inside middle block.
- Moving the right foot, turn 180° to the right into right tiger stance, left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



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



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



- Moving the left foot, turn 270° to the left into left front stance, middle wedge block.
- A. Without moving the left foot, right knee strike.
B. Without dropping the right leg, jump forward into cross stance, double uppercut.
- Step back with the left foot into right front stance, cross wrist low block.
- Moving the right foot, turn 180° to the right into right front stance, middle wedge block.
- A. Without moving the right foot, left knee strike.
B. Without dropping the left leg, jump forward into cross stance, double uppercut.
- Step back with the right foot into left front stance, cross wrist low block.

