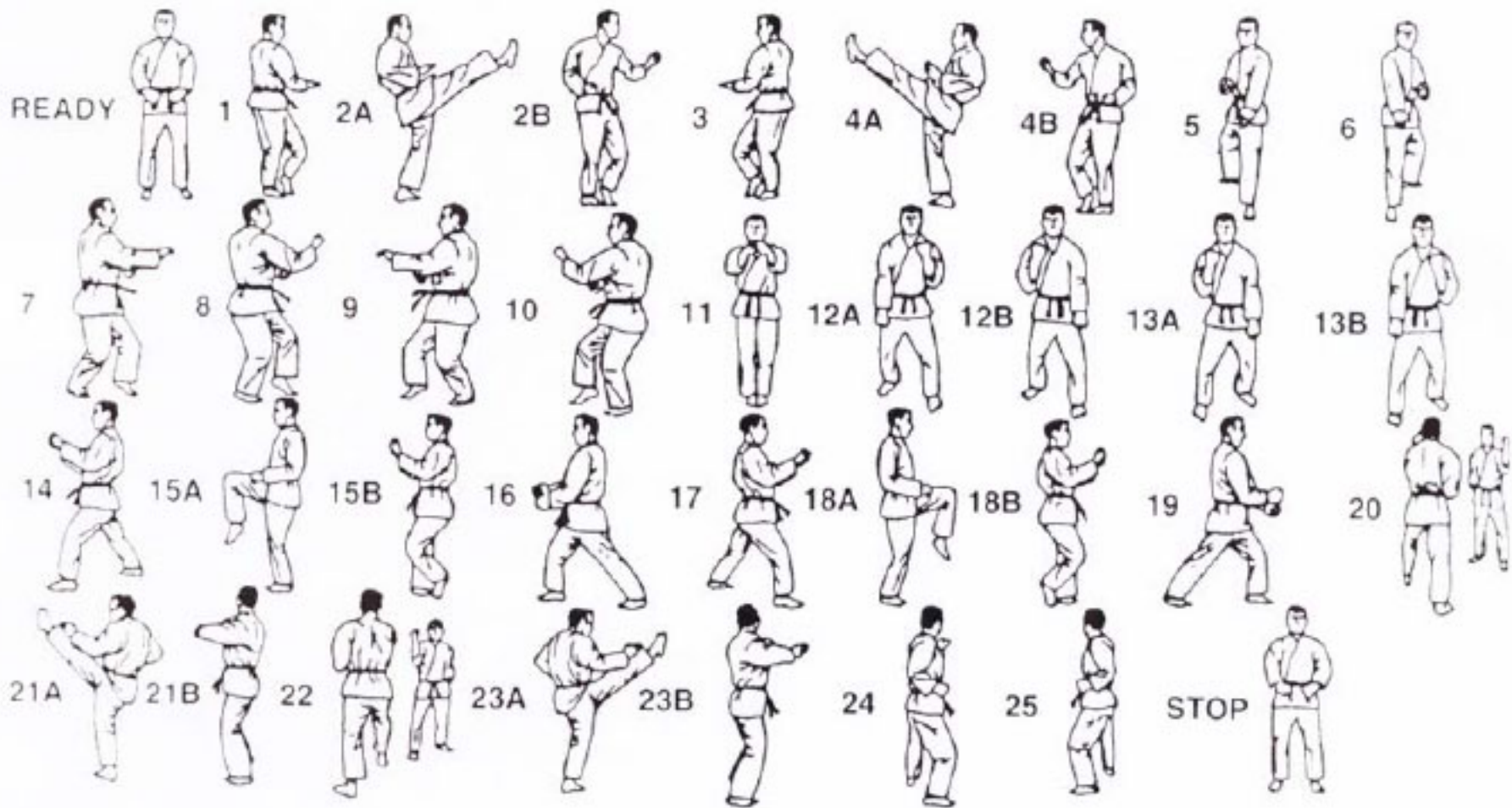
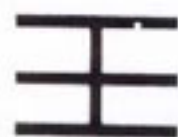


TAEGEUK CHIL JANG 7



“TAEGUEK CHIL JANG 7”
MOUNTAIN MASSIVE OR GREAT
(25 Motions, 4 Kicks, 1 Punch, 1 Ki-Up)

STANCE

MOVEMENT

1. Beom seogi	Batangson Momtong Makki
2a. Ap chagi	
2b. Dwit koobi	An Palmok Momtong Makki
3. Beom seogi	Batangson Momtong Makki
4a. Ap chagi	
4b. Dwit koobi	An Palmok Momtong Makki
5. Dwit koobi	Sonnal Arae Makki
6. Dwit koobi	Sonnal Arae Makki
7. Beom seogi	Batangson Momtong Makki
8. Teengeo Chigi	
9. Beom seogi	Batangson Momtong Makki
10. Teengeo Chigi	
11. Moa seogi	Pojoomak
12a. Ap koobi	San Gawe Makki
12b. San Gawe Makki	
13a. Ap koobi	San Gawe Makki
13b. San Gawe Makki	
14. Ap kobi	Momtong Hechyo Makki
15a. Mooreup Chigi	
15b. Koa seogi	Jeochyo Jireugi
16. Ap koobi	Eotgereo Arae Makki
17. Ap koobi	Momtong Hechyo Makki
18a. Mooreup Chigi	
18b. Koa seogi	Momtong Jeochyo Jireugi
19. Ap koobi	Eotgereo Arae Makki
20. Pyeonhi seogi	Deung Joomeok Eolgool Bakat Chigi
21a. Pyojeok Chagi	
22. Pyeonhi seogi	Deung Joomeok Eolgool Bakat Chigi
23a. Pyojeok Chagi	
23b. Joochoom seogi	Palkoop Jyojeok Chigi
24. Hansonnal Momtong Yeop Makki	
25. Joochoom seogi	Joomeok Yeop Kireugi KI-UP

