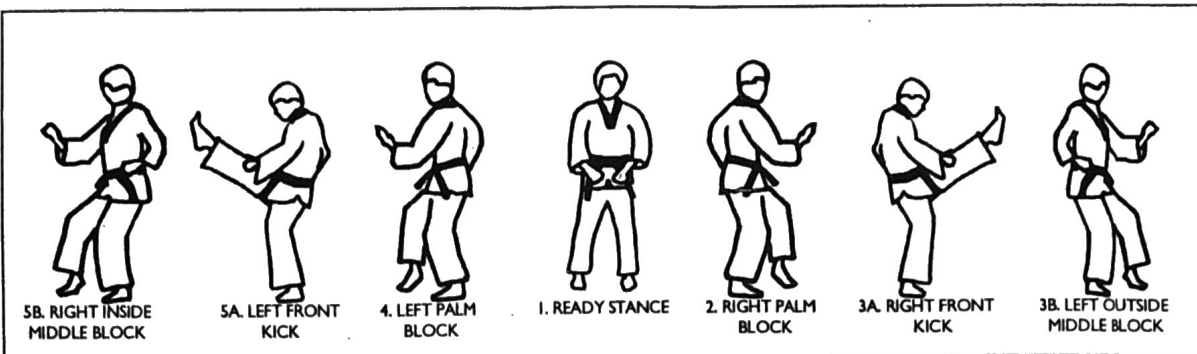


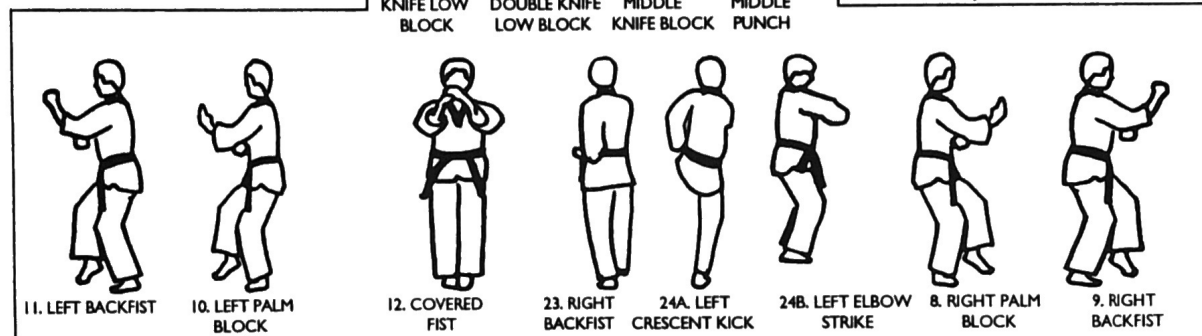
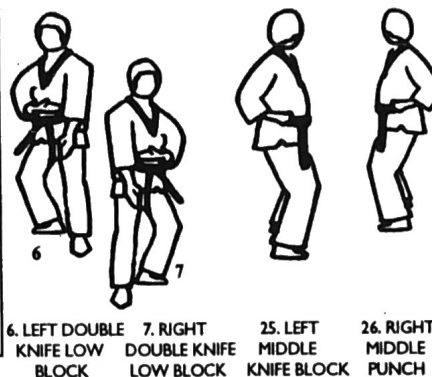
POOMSE TAEGEUK CHIL JANG

WTF TAEKWONDO POOMSE #7

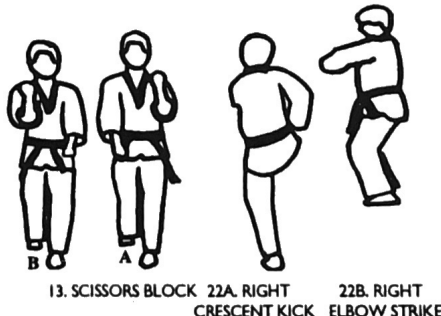


POOMSE TAE GEUK CHIL JANG

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



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



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

