

## Tae Guk 7 - Chil Jong

1. Turn left into a left cat stance, right palm block.
2. Right front kick, return the leg and stay in left cat stance, left hammer block.
3. Turn all the way behind to the open belt side into a right cat stance, left palm block.
4. Left front kick, return the leg and stay in a right cat stance, right hammer block.
5. Turn left into a left back stance, double low knife hand block.
6. Step forward into a right back stance, double low knife hand block.
7. Bring up the left foot, turn left into as left cat stance, right hand performs a right palm block, supported by the left hand.
8. Stay in place and flip right hand and perform a right back fist to the face.
9. Turn all the way behind to the open belt side into a right cat stance. The left hand performs a palm block, supported by the right hand.
10. Stay in place and flip the left hand and perform a right back fist to the face.
11. Turn left and with both feet together, assume Won Hyo ready position.
12. Step forward into a left front stance and perform a double scissors block.
13. Step forward into a right front stance and perform a double scissors block.
14. Turn three walls to the right into a left front stance, choke block.
15. Right knee smash, land into a right forward X stance, double upset punch.
16. Bring the back leg back so that you end up in a right front stance, low X block.
17. Turn all the way behind you into a right front stance, choke block.
18. Left knee smash, land into a left forward X stance, double upset punch.
19. Bring the back leg back so that you end up in a right front stance, low X block.
20. Turn left into a left relaxed stance, back fist to the head.
21. Open the left hand, strike the hand with a right inside crescent kick. Land in a horse riding stance, right reverse elbow strike.
22. Step forward into a right relaxed stance, right back fist to the head.
23. Open the right hand, strike the hand with a left inside crescent kick. Land into a horse riding stance, left reverse elbow strike.
24. Move left foot into a left back stance, left knife hand block. Grab their punching hand.
25. Step forward into a horse riding stance and punch with the right hand. **(Kihap)**