

Taeguk 7 - Chil jang



3B. RIGHT INSIDE MIDDLE BLOCK **5A. LEFT FRONT KICK** **4. LEFT PALM BLOCK** **1. READY STANCE** **2. RIGHT PALM BLOCK** **3A. RIGHT FRONT KICK** **3B. LEFT OUTSIDE MIDDLE BLOCK**

6. LEFT DOUBLE KNIFE LOW BLOCK **7. RIGHT DOUBLE KNIFE LOW BLOCK** **25. LEFT MIDDLE KNIFE BLOCK** **24. RIGHT MIDDLE PUNCH**

11. LEFT BACKFIST **10. LEFT PALM BLOCK** **12. COVERED FIST** **23. RIGHT BACKFIST** **24A. LEFT CRESCENT KICK** **24B. LEFT ELBOW STRIKE** **8. RIGHT PALM BLOCK** **9. RIGHT BACKFIST**

13. SCISSORS BLOCK **22A. RIGHT CRESCENT KICK** **22B. RIGHT ELBOW STRIKE**

17. LOW CROSS BLOCK **18B. DOUBLE UPPER CUT** **19A. RIGHT KNEE STRIKE** **15. OUTER WEDGE BLOCK** **14. SCISSORS BLOCK** **21. LEFT BACKFIST** **18. OUTER WEDGE BLOCK** **19A. LEFT KNEE STRIKE** **19B. DOUBLE UPPER CUT** **20. LOW CROSS BLOCK**