

# Tae Geuk Chil Jahng (7)

1. The Right Palm Fist Middle Section Inside Block in the Left Tiger Stance
2. The Right Front Snap Kick and the Left Outer Wrist Middle Section Inside Block in the Left Tiger Stance
3. The Left Palm Fist Middle Section Inside Block in the Right Tiger Stance
4. The Left Front Snap Kick and the Right Outer Wrist Middle Section Inside Block in the Right Tiger Stance
5. The Left Knife Hand Low Section Block in the Right Back Stance
6. The Right Knife Hand Low Section Block in the Left Back Stance
7. The Right Palm Fist Middle Section Inside Block in the Left Tiger Stance
8. The Right Back Fist Flip Front Strike in the Left Tiger Stance
9. The Left Palm Fist Middle Section Inside Block in the Right Tiger Stance
10. The Left Back Fist Flip Front Strike in the Right Tiger Stance
11. The Covering Fist in the Close Stance
12. The Scissors Block in the Left Forward Stance
13. The Scissors Block in the Right Forward Stance
14. The Outer Wrist Middle Section Wedge Block in the Left Forward Stance
15. The Right Knee Strike and the Double Fist Middle Section Upper Punch in the Right Cross Stance
16. The Cross Wrist Low Section Block in the Right Forward Stance
17. The Outer Wrist Middle Section Wedge Block in the Right Forward Stance
18. The Left Knee Strike and the Double Fist Middle Section Upper Punch in the Left Cross Stance
19. The Cross Wrist Low Section Block in the Left Forward Stance
20. The Left Back Fist High Section Outward Strike in the Left Walking Stance
21. The Right Target Kick and the Right Elbow Target Strike in the Riding Stance
22. The Right Back Fist High Section Outward Strike in the Right Walking Stance
23. The Left Target Kick and the Left Elbow Strike in the Riding Stance
24. The Left Knife Hand Middle Section Outward Block in the Riding Stance
25. The Right Fist Middle Section Side Punch in the Riding Stance