

# TAEGEUK 7

## READY STANCE

¼ turn left, **TIGER STANCE**. RIGHT PALM BLOCK.

RIGHT FRONT KICK. Return leg into **TIGER STANCE**. LEFT INWARD BLOCK.

½ turn right, **TIGER STANCE**. LEFT PALM BLOCK.

LEFT FRONT KICK. Return leg into **TIGER STANCE**. RIGHT INWARD BLOCK.

¼ turn left, **LEFT BACK STANCE**. DOUBLE KNIFE-HAND (left low).

Step forward, **RIGHT BACK STANCE**. DOUBLE KNIFE-HAND (right low).

¼ turn left, **TIGER STANCE**. SUPPORTED RIGHT PALM BLOCK, RIGHT BACKFIST (reverse).

½ turn right, **TIGER STANCE**. SUPPORTED LEFT PALM BLOCK, LEFT BACKFIST (reverse).

¼ turn left, **READY STANCE**.  
Cup right fist in left palm.

Step forward left foot. **FRONT STANCE**.  
RIGHT LOW BLOCK, LEFT OUTWARD BLOCK,  
LEFT LOW BLOCK, RIGHT OUTWARD BLOCK.

Step forward, right foot. **FRONT STANCE**.  
LEFT LOW BLOCK, RIGHT OUTWARD BLOCK,  
RIGHT LOW BLOCK, LEFT OUTWARD BLOCK.

¾ turn left, **FRONT STANCE**. DOUBLE OUTWARD BLOCK. RIGHT KNEE STRIKE.

Leap forward into **CROSS LEGGED STANCE**.  
DOUBLE UPPER PUNCH.

Step back into **FRONT STANCE**. LOW CROSS BLOCK.

½ turn right, **FRONT STANCE**. DOUBLE OUTWARD BLOCK. LEFT KNEE STRIKE.

Leap forward into **CROSS LEGGED STANCE**.  
DOUBLE UPPER PUNCH.

Step back into **FRONT STANCE**. LOW CROSS BLOCK.

¼ turn left, **WALKING STANCE**.  
LEFT BACK-FIST.

OPEN LEFT HAND, RIGHT CRESCENT KICK,  
**HORSE STANCE**, RIGHT ELBOW STRIKE.

Pivot into **WALKING STANCE**.  
RIGHT BACK-FIST.

OPEN RIGHT HAND, LEFT CRESCENT KICK,  
**HORSE STANCE**, LEFT ELBOW STRIKE.

LEFT KNIFE OUTWARD BLOCK, step forward  
**HORSE STANCE**, RIGHT SIDE PUNCH.

## KIEP

RETURN TO READY STANCE.