

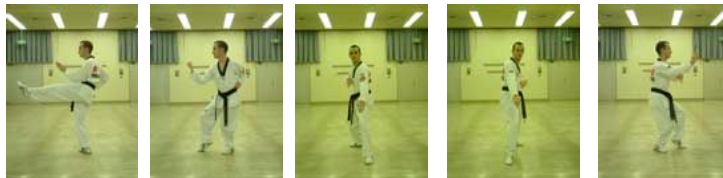
태극칠장

TAEGEUK 7 - CHIL JANG

Gan - The Mountain Stable and Confident (Performed by Chris Pearson)



Begin Junbi Stance Palm Heel Block Cat Stance Front Kick Middle Block Cat Stance Palm Heel Block Cat Stance



Front Kick Middle Block Cat Stance Low Double Knife Block Back Stance Low Double Knife Block Back Stance Middle Block Cat Stance



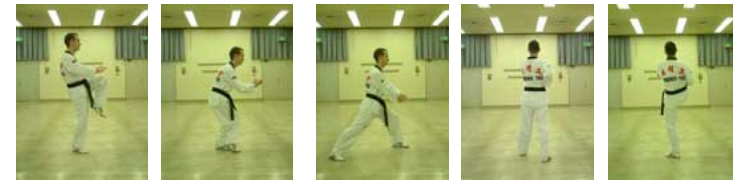
Palm Block Downwards Cat Stance Backfist Strike Cat Stance Middle Block Cat Stance Palm Block Downwards Cat Stance Backfist Strike Cat Stance



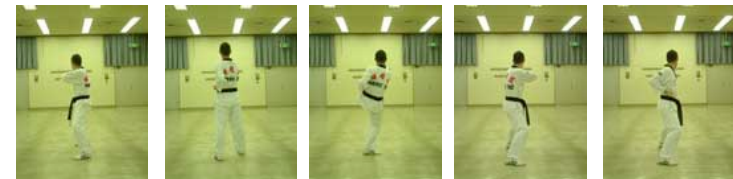
Pushing Punch Attention Stance Scissors Block Front Stance Scissors Block Front Stance Scissors Block Front Stance Scissors Block Front Stance



Wedging Block Front Stance Knee Strike Double Upset Punch X Stance X Block Front Stance Wedging Block Front Stance



Knee Strike Double Upset Punch X Stance X Block Front Stance Backfist Strike Walking Stance Crescent Kick



Elbow Strike Horseriding Stance Backfist Strike Walking Stance Crescent Kick Elbow Strike Horseriding Stance Knife Hand Block Horseriding Stance



Side Punch Horseriding Stance End Junbi Stance