

# TAEGEUK 7

Footwork	Stance	Face	Action
1 Pivot on left heel and ball of right foot	Right tiger stance	Left	Turn left and right palm body block
2 Right foot steps back again	Right tiger stance	Left	Right front kick and left body block
3 Right foot steps slightly sideways	Left tiger stance	Right	Turn right and left palm body block
4 Left foot steps back again	Left tiger stance	Right	Left front kick and right palm body block
5 Left foot steps to front	Right back stance	Front	Turn to front, left double knife hand low block
6 Right foot steps forward	Left back stance	Front	Right double knife hand low block
7 Left foot steps slightly forward	Right tiger stance	Left	Turn left and assisted right palm body block
8 Same stance	Right tiger stance	Left	Right back fist (from outside left shoulder)
9 Right foot steps slightly sideways	Left tiger stance	Right	Turn right and assisted left palm body block
10 Same stance	Left tiger stance	Right	Left back fist(from outside right shoulder)
11 Pivot to front on right foot	Feet together	Front	Turn to front, cover right fist with left hand and raise from low to middle (slowly)
12 Left foot steps forward	Left forward stance	Front	Right scissor block and left scissor block
13 Right foot steps forward	Right forward stance	Front	Left scissor block and right scissor block
14 Pivot left 270° on right foot	Left forward stance	Right	Double outside body block
15 Right foot steps forward	Right twisting stance	Right	Right knee attack and double inverted body punch (with stamp)
16 Left foot steps back	Right forward stance	Right	Double (crossed wrists) low block
17 Right foot steps backward	Right forward stance	Left	Double outside body block
18 Left foot steps forward	Left twisting stance	Left	Left knee attack and double inverted body punch (with stamp)
19 Right foot steps back	Left forward stance	Left	Double (crossed wrists) low block
20 Left foot steps back	Left front stance	Back	Left swinging back fist to temple
21 Right foot steps to back	Horse riding stance	Back	Right crescent kick and right elbow (to left hand)
22 Left foot steps to back	Right front stance	Back	Right swinging back fist to temple
23 Left foot steps to back	Horse riding stance	Back	Left crescent kick and left elbow (to right hand)
24 Same stance	Horse riding stance	Back	Left knife hand body block
25 Right foot steps to back	Horse riding stance	Back	Right side punch (yell)
END Pivot left 90° on right foot	Natural stance	Front	Finish position