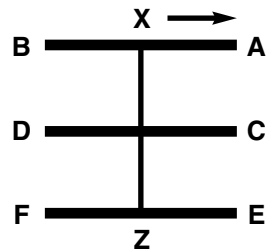
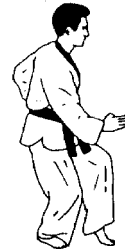


Taegeuk Chil Jang

The symbol of this form is Kan which represents the mountain

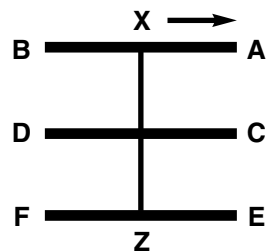
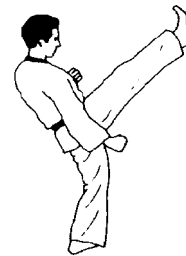
1

Turn left 90 degrees, moving left foot toward "A" and forming a left tiger stance (cat stance) while executing a right palm block to middle-section.



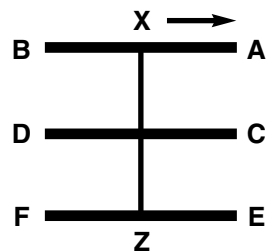
2

Execute a right front snap kick to middle-section.



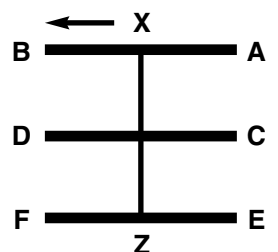
2

Land back, returning right foot to starting position and forming a left tiger stance while executing an inward forearm block to the middle-section using the left arm.



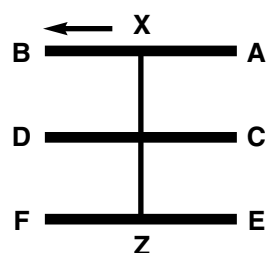
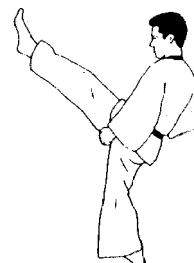
3

Turn right 180 degrees (pivot on balls of feet) to face "B" forming a right tiger stance (cat stance) while executing a left palm block to middle-section.



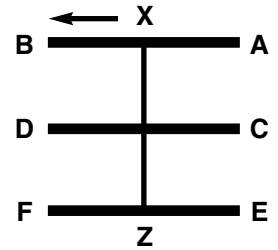
4

Execute a left front snap kick to middle-section.



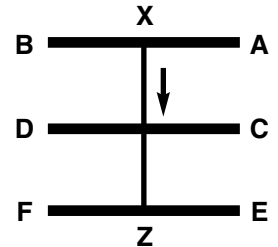
4

Land back, returning left foot to starting position and forming a right tiger stance while executing an inward forearm block to the middle-section using the right arm.



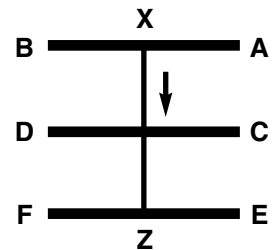
5

Turn left 90 degrees (pivot on right foot) step with left foot toward "Z" forming a back stance while executing a double knife-hand block to low-section. (Left arm is forward.)



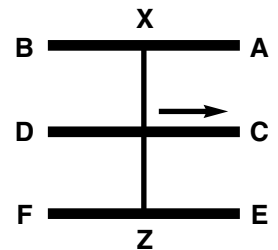
6

Step forward with right foot toward "Z" forming a back stance while executing a double knife-hand block to low-section. (Right arm is forward.)



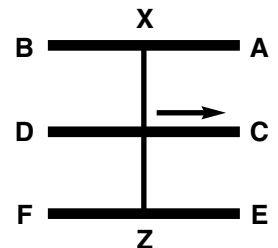
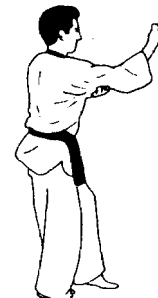
7

Turn left 90 degrees (pivot on balls of feet) moving left foot toward "C" and forming a left tiger stance while executing a right palm block to middle-section (left hand supports right elbow).



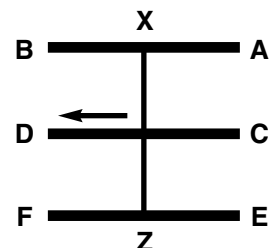
7

Move immediately to execute a right backfist strike to high-section (left hand supports right elbow).



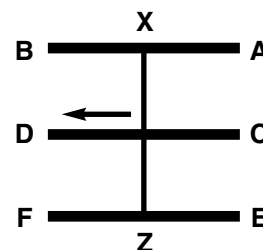
8

Turn right 180 degrees (pivot on balls of feet) moving right foot toward "D" and forming a right tiger stance while executing a left palm block to middle-section (right hand supports left elbow).



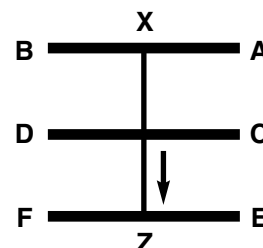
8

Moving immediately to execute a left backfist strike to high-section (right hand supports left elbow).



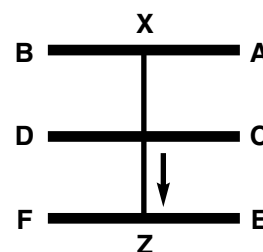
9

Turn left 90 degrees (pivot on balls of feet) to face "Z" and form a closed stance while placing left hand on top of right fist, approximately 1 inch in front of chin. Bring hands downward in tension move.



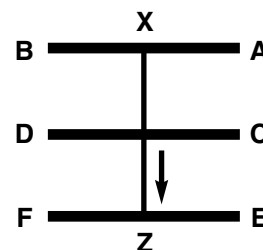
10

Step forward with left foot toward "Z" forming a left front stance while simultaneously executing an outward middle-section block with the left arm and a low-section block with the right arm (scissors block).



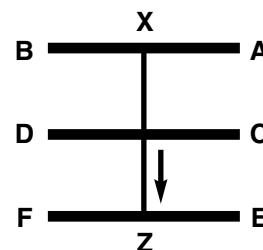
10

Without moving feet, simultaneously execute an outward middle-section block with the right arm and a low-section block with the left arm (scissors block).



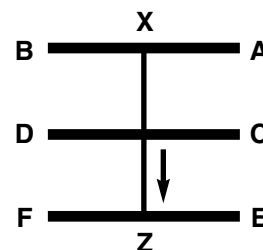
11

Step forward with right foot toward "Z" forming a right front stance while simultaneously executing an outward middle-section block with the right arm and a low-section block with the left arm (scissors block).



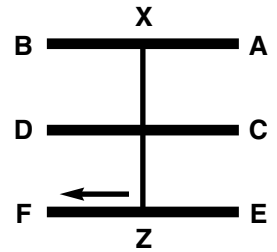
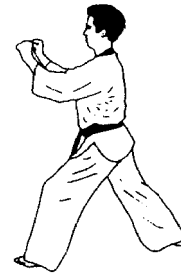
11

Without moving feet, simultaneously execute an outward middle-section block with the left arm and a low-section block with the right arm (scissors block).



12

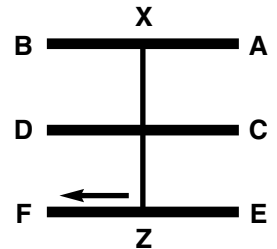
Turn left 270 degrees (pivot on right foot) step with left foot toward "F" forming a left front stance while executing an opening block (simultaneous outward middle-section blocks with both arms).



13

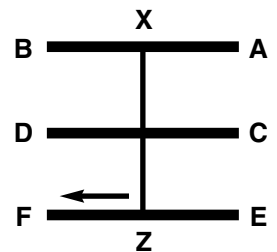
Execute a right knee strike to middle-section (as if pulling down attacker's head).

Yell "ki-ya"



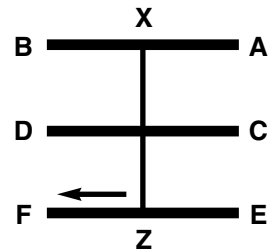
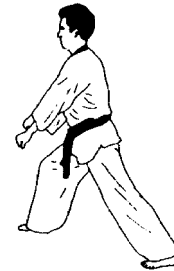
13

Jump forward to "F" into cross-legged x-stance or twist stance (land on right foot first then left foot moves behind right foot) while executing a twin upset punch to middle-section.



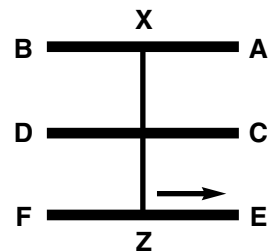
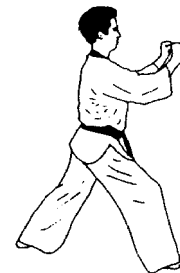
14

Move left foot backwards from "F" forming a right front stance while executing an x-block to low-section.



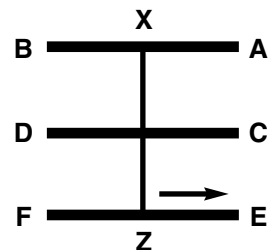
15

Turn right 180 degrees (pivot on left foot) step with right foot toward "E" forming a right front stance while executing an opening block (simultaneous outward middle-section blocks with both arms).



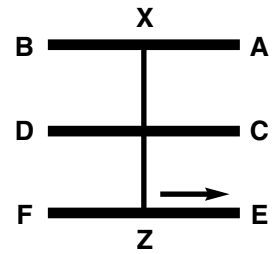
16

Execute a left knee strike to middle-section (as if pulling down attacker's head).



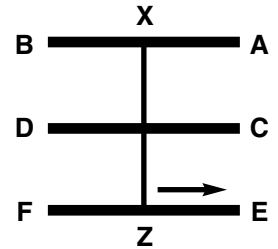
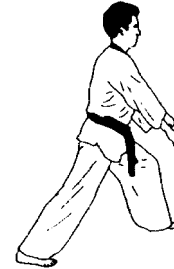
16

Jump forward to "E" into cross-legged x-stance or twist stance (land on left foot first then right foot moves behind left foot) while executing a twin upset punch to middle-section.



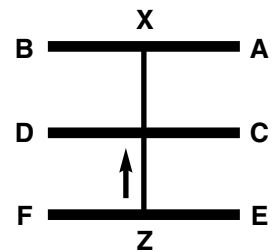
17

Move right foot backwards from "E" forming a left front stance while executing an x-block to low-section.



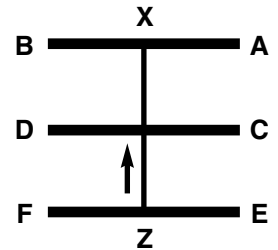
18

Turn left 90 degrees (pivot on right foot) moving left foot toward "X" forming a short back stance while executing a high-section attack with left outward back-fist. Keep left arm extended.



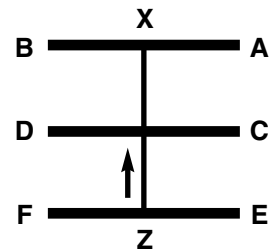
18

Using left palm as a target, execute right inside crescent kick. (Target kick)



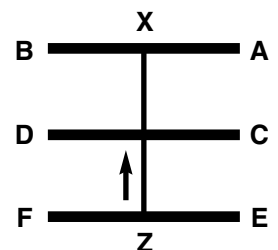
18

Land in front, dropping right foot toward "Z" and forming a horse-riding stance while executing a right elbow strike to left palm.



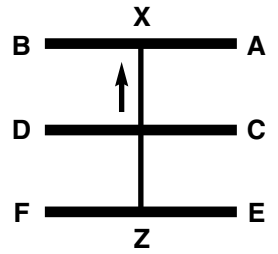
19

Slide left foot forward into a short back stance while executing a high-section attack with right outward back-fist. Keep right arm extended.



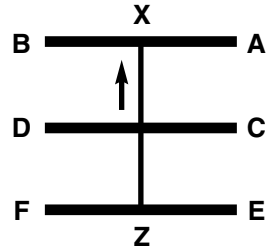
19

Using right palm as a target, execute left inside crescent kick. (Target kick)



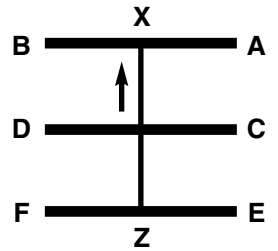
19

Land in front, dropping left foot toward "Z" and forming a horse-riding stance while executing a left elbow strike to right palm.



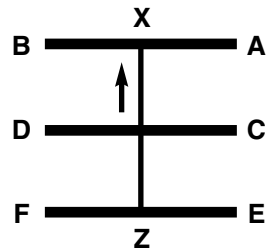
20

Execute a single knife-hand block (Left arm is forward, tension move.)



21

Step forward with right foot toward "Z" forming a horse-riding stance while executing a right side punch to middle-section. Yell "ki-ya" on punch.



Ba-Ro:

Turn left 180 degrees to face toward "Z" while forming a ready stance.

