

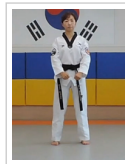
Taegeuk Chiljang Pattern 7: Step by Step

Taegeuk Chiljang is the seventh training pattern (Poomsae) in Taekwondo.

Taegeuk Chiljang is required for 1st Kup Black Stripe grade.

The 25 movements (33 techniques) in this pattern are often made as multiple combinations from a single stance revealing that a good student must have balance and strength in stillness as well as in motion.

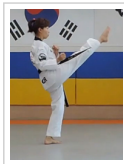
www.phoenixtaekwondo.net/tkdpoomsae7.html



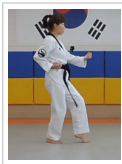
Junbi



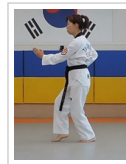
Cat Stance
Palm Heel
Block



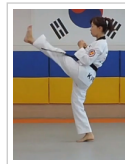
Cat Stance
Front Kick



Cat Stance
Middle Block



Cat Stance
Palm Heel
Block



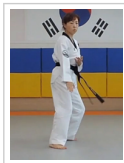
Cat Stance
Front Kick



Cat Stance
Middle Block



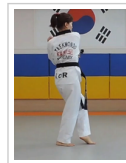
Back Stance
Double Knife
Hand Low
Block



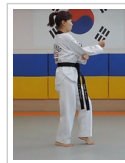
Back Stance
Double Knife
Hand Low
Block



Cat Stance
Palm Heel
Block



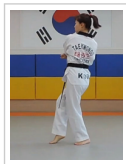
Cat Stance
Prepare
Backfist



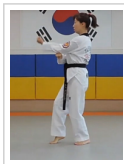
Cat Stance
Backfist Strike



Cat Stance
Palm Heel
Block



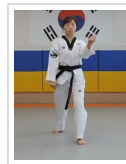
Cat Stance
Prepare
Backfist



Cat Stance
Backfist Strike



Closed Stance
Pushing Fist



Front Stance
Scissors Block



Front Stance
Reverse
Scissors Block



Front Stance
Scissors Block



Front Stance
Reverse
Scissors Block



Front Stance
Wedging Block



Front Stance
Knee Strike



X Stance
Double Upset
Punch



Front Stance
X Block



Front Stance
Wedging Block



Front Stance
Knee Strike



X Stance
Double Upset
Punch



Front Stance
X Block



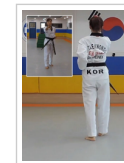
Walking
Stance
Side Backfist



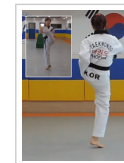
Walking
Stance
Crescent Kick



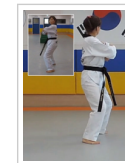
Horseriding
Stance
Elbow Strike



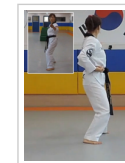
Walking
Stance
Side Backfist



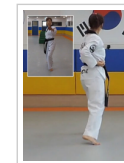
Walking
Stance
Crescent Kick



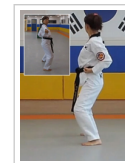
Horseriding
Stance
Elbow Strike



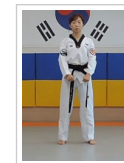
Horseriding
Stance
Knife Hand
Block



Horseriding
Stance
Grab



Horseriding
Stance
Punch Kihap



Junbi