

# TAE GEUK CHIL JANG



1

1. Ready Stance
2. Tiger Stance/Inside Palm Block
3. Front Snap Kick
4. Tiger Stance/Middle Block
5. Tiger Stance/Inside Palm Block
6. Front Snap Kick
7. Tiger Stance/Middle Block



2



3



4



7

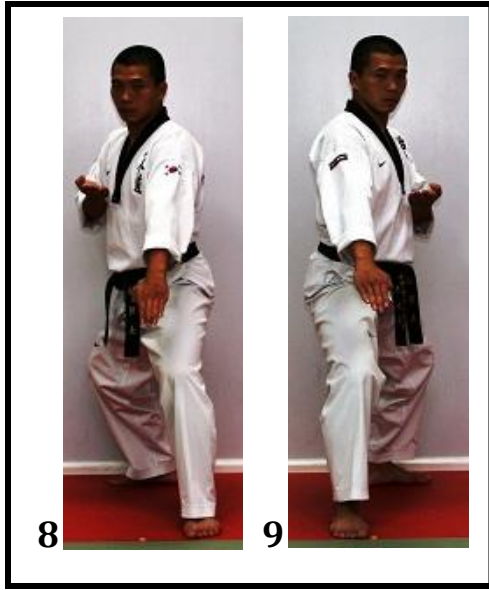


6



5

# TAE GEUK CHIL JANG



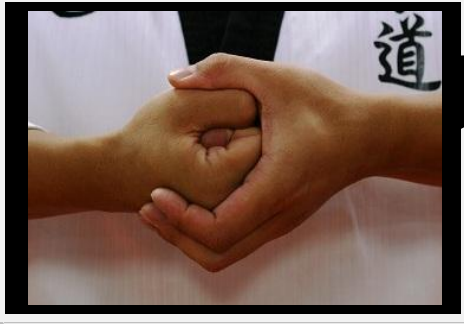
- 8. Back Stance/Outside Knife Block (low section)
- 9. Back Stance/Outside Knife Block (low section)
- 10. Tiger Stance/Inside Palm Block (fist under arm)
- 11. Tiger Stance/Back Fist Strike
- 12. Tiger Stance/Inside Palm Block (fist under arm)
- 13. Tiger Stance/Back Fist Strike



# TAE GEUK CHIL JANG

## **BO JU MEOK** (Covered Fist)

Put **BO JU MEOK** in height of the neck slowly (About 5 seconds)



**14**



**15**

**16**

**14.** Attention Stance/ **BO JU MEOK** (Covered Fist)

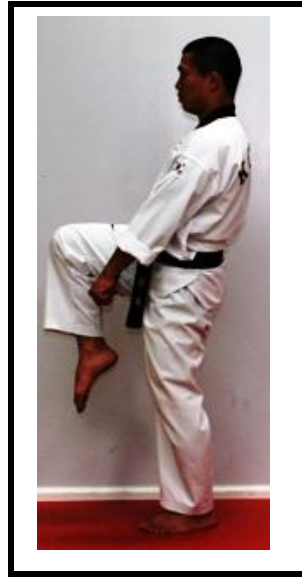
**15.** Front Stance/Scissor Block (Low Block & Outside Middle Block)

**16.** Front Stance/Scissor Block (Low Block & Outside Middle Block)

\* Scissor Block (**KA WI MAK KI**) is done continuously.

# TAE GEUK CHIL JANG

19



18



17



20

20. Front Stance/  
Low X Block

(Left foot steps  
backward with front  
stance, left arm over  
right arm to help  
push down)

17. Front Stance/Outer Spread Block (Maintaining the shoulder height)

18. Knee Strike (Reach forward with open hands (grab head), Pulling down the head and strike by the knee)

19. Jump Forward/Back Cross Stance/Upper punch with both hands

# TAE GEUK CHIL JANG



**21**



**22**



**23**

**24**

**24. Front Stance/  
Low X Block**

(Right foot steps  
backward with front  
stance, right arm  
over left arm to help  
push down)



**21. Front Stance/Outer Spread Block (Maintaining the shoulder height)**

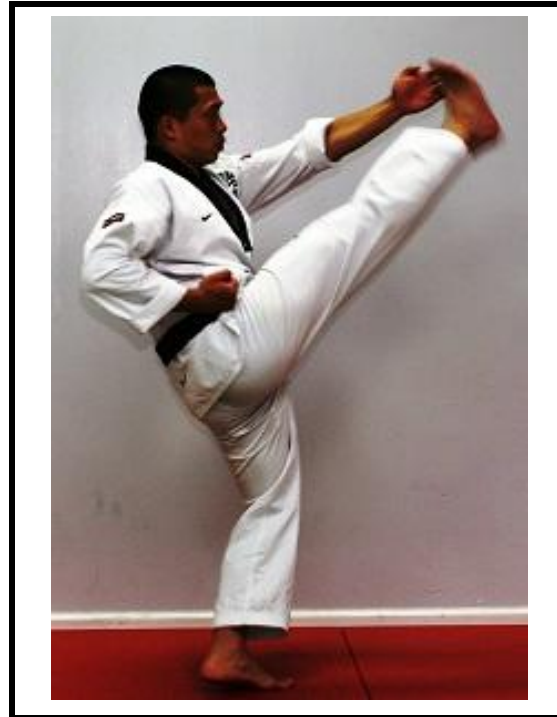
**22. Knee Strike (Reach forward with open hands (grab head), Pulling down the head and strike by the knee)**

**23. Jump Forward/Back Cross Stance/Upper punch with both hands**

# TAE GEUK CHIL JANG



25



26



27

25. Walking Stance/  
Outside Back Fist Strike (to  
face)

26. Right foot Pulling Inside  
Axe Kick (Target Kicking,  
Hit Left Palm)

27. Horse Riding Stance/  
Right Pulling Elbow Target  
Strike (Hit Left Palm)

# TAE GEUK CHIL JANG



Side view

Front view

28



29



Side view

Front view

30

28. Walking Stance/ Outside Back Fist Strike (to face)

29. Left foot Pulling Inside Axe Kick (Target Kicking, Hit Right Palm)

30. Horse Riding Stance/ Left Pulling Elbow Target Strike (Hit Right Palm)

31. Horse Riding Stance/ Left Single Knife Hand Block

32. Horse Riding Stance/ Right Punch / KI HAP

33. Return to Ready Stance



31

32

33