

TAEGUEK CHIL-JANG

"THE MOUNTAIN...STABLE AND CONFIDENT"

RED BELT FORM 1



Begin
Jun Bi Stance



(turn left 90°)
Left Cat Stance
Right Palm Heel
Block



Right Front Snap
Kick



Left Cat Stance
Left Inside Block



(turn right 180°)
Right Cat Stance
Left Palm Heel
Block



Left Front Snap
Kick



Right Cat Stance
Right Inside Block



(turn left 90°)
Left Back Stance
Left Double Knife
Hand Low Block



Right Back Stance
Right Double
Knife Hand Low
Block



(turn left 90°)
Left Cat Stance
Right Palm Heel
Block



Right Back Fist Strike
Left Cat Stance



(turn right 180°)
Right Cat Stance
Left Palm Heel Block



Left Back Fist Strike
Right Cat Stance



(turn left 90°)
Attention Stance
Double Pushing
Punch



Left Front Stance
Left Scissors Block



(no step)
Left Front Stance
Right Scissors
Block



Right Front Stance
Right Scissors
Block



(no step)
Right Front Stance
Left Scissors Block



(turn left 270°)
Left Front Stance
Double Outside
Block



Right Knee Strike
With Break



Right X Stance
Double Upset
Punch



(step back)
Right Low X Block
Right Front Stance



(turn right 270°)
Right Front Stance
Double Outside
Block



Left Knee Strike
With Break



Left X Stance
Double Upset
Punch



(step back)
Left Low X Block
Right Front Stance



(turn left 90°)
Left Walking
Stance
Left Back Fist
Strike



Left Open Hand
Right Crescent
Kick



Right Side Stance
Stance Right
Elbow Smash



Right Walking
Stance
Right Back Fist
Strike



Right Open Hand
Left Crescent Kick



Left Side Stance
Left Elbow Smash



Left Side Stance
Left Knife Hand
Block



Right Side Punch
Right Side Stance
KIHAP!



(turn left 180°)
End
Jun Bi Stance