

## Taeguek 7 (CHIL JANG)

**A series of actions expressing the GAN principle of Palgwe. GAN represents the Mountain. It teaches us that we must attain the stability of the mountain. We must not act in a hasty manner and should know when to proceed and when to stop.**

- Start in the Ready or "Joon Bi" stance
- Turn left 90 degrees into left cat stance, right crossing palm block
- Right front kick, return to left cat stance, left inside block
- Turn right 180 degrees into right cat stance, left crossing palm block
- Left front kick, return to cat stance, right inside block
- Turn left 90 degrees, move into left back stance, left double knife hand low block
- Step forward into right back stance, right double knife hand low block
- Turn left 90 degrees, move into left cat stance, right crossing palm block, reverse backfist to nose (with same right hand), left fist remains palm down under right elbow
- Turn right 180 degrees into right cat stance, left crossing palm block, reverse backfist to nose (with same left hand), right fist remains palm down under left elbow
- Turn left 90 degrees, place left foot next to right foot, bring both hands into a chamber position on your belt with palms up, left hand grabs right fist at stomach level, slowly extend your arms outwards to chest level (attention stance or standing meditation)
- Step forward with left foot into left front stance, double scissor block (left arm does an outside block and right hand does a low block at same time), reverse scissor block (right outside block and left low block)
- Step forward with right foot into right foot stance, double scissor block (right outside block, left low block), reverse double scissor block (left outside block, right low block)
- Moving left foot, turn left 270 degrees into left front stance and do a double outside block (breaking your opponent's grip on your neck or shoulders)
- In front stance, reach up and grab head of your imaginary opponent with both hands, bring hands down & bring right knee up (knee strike to opponent's head), land with right foot with left foot crossed behind, throw a double uppercut (palm up) to opponent's ribs, move left leg back and go into right front stance, double crossed low block
- Move right foot, turn right 180 degrees into right front stance, double outside block (breaking your opponent's grip on your neck or shoulders)

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- Turn left 90 degrees, move left foot into left walking stance, left backfist to temple (chamber backfist above right shoulder)
- Open left fist, right crescent kick slapping palm of left hand with the sole of your right foot, land in a right horse stance, right elbow strike into open palm of your left hand
- Move into right walking stance, right backfist to temple (chamber backfist above left shoulder)
- Open right fist, left crescent kick slapping palm of right hand with the sole of your left foot, land in a left horse stance, left elbow strike into open palm of your right hand
- Left foot into left back stance, left single knife hand middle block
- Step forward into right horse stance, right side punch, "Kihap!"

Summary:

- **Taegeuk 7 (CHIL JANG): Gan – Symbolizes the mountain and has 22 movements.**