

Taegeuk Chil Jang

7th Chapter of the Taegeuk (literal translation)

Trigram pattern: Top line is broken - - , middle line is broken - - , bottom line is solid ____ . Represents the concept of KAN. Kan symbolizes a mountain peak... which is solid, stable and unmovable. This poomsae teaches commitment to both motion and immobility, with rapid movements forward followed by sudden stops.

Elemental representation: Mountain

New Techniques:

tiger stance/cat stance: beom seogi

scissors block: gawi makki

knee strike: mur chigi

opening block: momtong hecho makki

double uppercut: duebom jecheo jireugi

cross block: otgoreo arae makki

target crescent kick: bandal chagi

horse stance: juchum seogi

covered fist: bojumeok junbi