

## **Brown Belt (B2) - Taeguk 7, Chil Jang**

### **Turn to your left, Push Block**

*(Cat Stance, right hand push)*

### **Close your hand, Front Kick, pull back, Inner Block**

*(Close right hand, Right leg front kick, pull back Cat Stance, left hand inner block)*

### **Turn to your right, Push Block**

*(Move your right leg, cat Stance, left hand push)*

### **Close your hand, Front kick, pull back, Inner Block**

*(Close left hand, Left leg front kick, pull back Cat Stance, right hand inner block)*

### **Shift your left leg, Double Knife Hand Chop**

*(Shift out left leg, back stance, double knife hand to left facing floor)*

### **Step forward, Double Knife Hand Chop**

*(Right leg move forward, back stance, double knife hand to right facing floor)*

### **Turn to your left, Cross Push, Right Back Fist**

*(Shift in left leg, cat stance. Open right hand, left hand close with right hand on top of left hand, cross push chin level, right hand back fist)*

### **Turn to your right, Cross Push, Left Back Fist**

*(Move right leg, cat stance. open left hand, right hand close with left hand on top of right hand, cross push chin level, left hand back fist)*

### **Close your left leg, 1,2,3,4,5**

*(Move in left leg, Turn, face front, hands @side, bring up & left hand grab with a "C")*

### **Left leg forward, Left Right**

*(Move left leg forward, Left hand outer cross block followed by right hand)*

### **Right leg forward, Right Left**

*(Right leg step forward, forward stance. Right hand outer cross block follow by left)*

### **Left leg behind 1 round, Cross Block**

*(Move left leg behind, forward stance. Cross block shoulder width and height)*

### **45, Snap, Cross in, Push, Pull out, Left Cross**

*(Open fist 45 degrees upwards, Right leg Knee up, snap, cross in cat stance, both hands push out from waist. Pull back left leg, right forward stance. Both hand cross block to the floor with left hand on top)*

### **Turn to your right, Cross Block**

*(Move right leg, forward stance. Cross block shoulder width and height)*

### **45, Snap, Cross in, Push, Pull out, Right Cross**

*(Open fist 45 degrees upwards, Left leg Knee up, snap, cross in cat stance, both hands push out from waist. Pull back right leg, left forward stance. Both hand cross block to the floor with right hand on top)*

### **Turn to your left, Back Hammer**

### **Kick, Horse Stance, Elbow**

### **Shift in left leg, Back Hammer**

### **Kick, Horse Stance, Elbow**

### **Left hand single knife hand Chop, Grab, Pull and Punch.**

**"SHOUT"**

Stay there wait for "Paroh". *(Close left Leg, move forward and "Chun Bi)*

## **Basic Kick = Front kick, Jumping front kick x 6**