

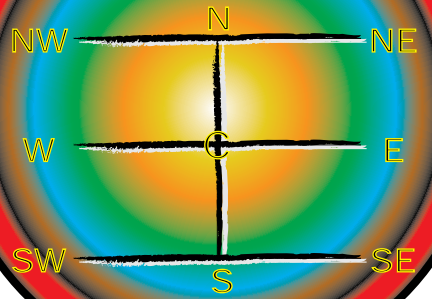
Red Belt Form (Tae Guk Chil Jang)

This form is to be learned by all red belt students.

Taeguk 7 Jang symbolizes the "Kan", one of the 8 divination signs, which represents the mountain, meaning ponder and firmness. New movements are sonnal-arae-makki, batangson-kodureo-makki, bo-jumeok-kawi-makki, mureup-chigi, momtong-hecho-makki, jechin-du-jumeok-momtong-jireugi, otkoreo-arae-makki, pyojeok-chigi, yop-jireugi and such stances as beom-seogi and juchum-seogi. Smooth connection of movements is important for training. The 2nd Kup-graders practice this poomsae.

Total Movements: 25 Moves

Diagram of color belt forms



Jun
Bee



Ready Stance

1



1. Moving left leg to the left, turn 90° NE into left tiger stance, right palm inside block.

2



2. Right leg front kick, landing back into left tiger stance, left hand inside block.

2.1



3



3. Pivoting both feet to the right, turn 180° NW into right tiger stance, left hand palm inside block.

4



4. Left leg front kick, landing back into right tiger stance, right hand inside block.

4.1



5



5. Moving left leg to the left, turn 90° S into right back stance, left double knife hand down block.

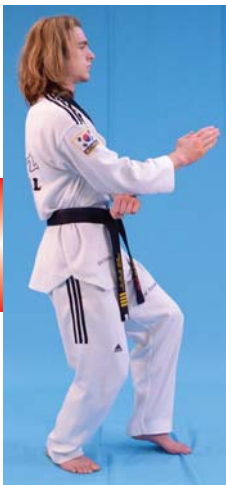
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6. Moving right leg forward into left back stance, right double knife hand down block.

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7



7. Moving left leg to the left, turn 90° E into left tiger stance, right assisted palm inside block.

8



8. Staying in left tiger stance, right back fist strike to the face.

9



9. Pivoting both feet to the right, turn 180° W into right tiger stance, left assisted palm inside block.

10



10. Staying in right tiger stance, left back fist strike to the face.

11



11.1



11. Moving left leg, turn 90° S into Modumbal (feet together) stance, Bojumuk (left hand covering right fist).

12



12.1



12. Moving left leg forward into left front stance, scissors block with left hand up, followed by scissors block with right hand up.

13



13.1



13. Moving right leg forward into right front stance switching your arms simultaneously, scissors block with right hand up, followed by scissors block left hand up.

14



14. Moving left leg to the left, turn 270° SW into left front stance, two hands outside block.

15



15. Grabbing the head with both hands, pull into right knee strike, landing forward into right twisted stance, followed by double chestnut fist strike to the body.

15.1



15.2



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16



16. Moving left leg, step backward into right front stance, two hands down block.

16.1



17



17. Moving right leg to the right, turn 180° SE into right front stance, two hands outside block.

18



18. Grabbing the head with both hands, pull into left knee strike, landing forward into left twisted stance, followed by double chestnut fist strike to the body.

18.1



18.2



19



19. Moving right leg, step backward into left front stance, two hands down block.

19.1



20



Rear View



20. Moving left leg to the left, turn 90° N into left walking stance, left back fist strike to side of the face.

21



Rear View



21.1



21. Right leg inside crescent kick to the left palm, landing forward into horse stance, right elbow strike into left palm.

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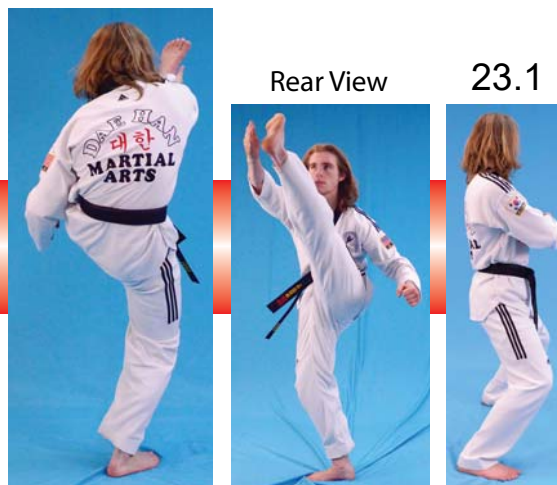
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Rear View

22. Pivoting both feet to the right, turn 90° N into right walking stance, right back fist strike to side of the face.

23



Rear View

23.1

23. Left leg inside crescent kick to the right palm, landing forward into horse stance, left elbow strike into right palm.

24



Rear View

24. Staying horse stance, left knife hand outside block to N.

25



Rear View

25. Moving right leg to the left, stepping N into horse stance, right hand side punch (KIHAP).

BaRo



Moving left leg to the left, turn 180° S into ready stance.