



Minnesota Taekwondo Center
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TAEGUK CHIL JANG

Joon-Bi(ready stance). **See-Chak**(begin).
Starting 'A' position, facing 'BA'.

NO.	DIRECTION	TECHNIQUE	STANCE
1	L – 1	R – Palm Half Middle Block	R – Tiger stance
2	L – 1	(1) R – Front Snap Kick, (2) L – Inside Middle Block	R – Tiger stance
3	R – 1	L – Palm Half Middle Block	L – Tiger stance
4	R – 1	(1) L – Front Snap Kick, (2) R – Inside Middle Block	L – Tiger stance
5	B	L – Double Knife–Hand Low Block	R – Back stance
6	B	R – Double Knife–Hand Low Block	L – Back stance
7	L – 2	R – Palm Half Middle Block, (L – Fist under R – Elbow) * 7 & 8 continuous motion	R – Tiger stance
8	L – 2	R – Back Fist, (L – Fist under R Elbow)	Same stance as 7
9	R – 2	L – Palm Half Middle Block, R – Fist under L – Elbow)	L – Tiger stance
10	R – 2	L – Back Fist, (R – Fist under L – Elbow)	Same stance as 9
11	B	Cover R – Fist with L – Palm in front of chest at chin level	Cha-Ryut stance
12	B	(1) L – Scissor Block (2) R – Scissor Block	L – Front stance Same stance
13	B	(1) R – Scissor Block (2) L – Scissor Block	R – Front stance Same stance
14	R – 3	Spread middle block (palms outside)	L – Front stance
15	R – 3	(1) R – Knee Kick, R – Step forward (2) Double Fist Middle punch (palms up)	R – Cross stance
16	R – 3	L – Step back, Low X block (L over R)	R – Front stance
17	L – 3	Spread Middle block, (palms outside)	R – Front stance
18	L – 3	(1) L – Knee kick, L – Step forward (2) Double Fist Middle punch (palms up)	L – Cross stance
19	L – 3	R – Step back, Low X block (L over R)	L – Front stance
20	A	L – Back Fist strike	L – High Front stance
21	A	(1) R – Crescent Kick to open L – Hand (2) R – Elbow strike to the L – Palm	Side Joochoom-Seogi
22	A	R – Back Fist strike	R – High Front stance
23	A	(1) L – Crescent kick to open R – Hand (2) L – Elbow strike to the R – Palm	Side Joochoom-Seogi
24	A	L – Single Knife–Hand Middle block	Same stance as 23
25	A	R – Side punch – YELL!	Side Joochoom-Seogi

Ba-Ro (return to ready stance). Left foot moves to left side, facing 'B'.
“Cha-Ryut” (attention), “Kyung-Neh” (bow).
L = Left, R = Right