

Taegeuk Chil-Jang (7) Poomsae 태극 칠장 품새

Count	Front Leg	Stance	Limb Used	Technique	서기	기술	Note
Junbi 준비	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds
1	Left	Tiger Stance	Right Hand	Palm Heel Inward Block	Beom Seogi 범 서기	Batangson An Makgi 바탕손 안 막기	
2a			Right Foot	Front Kick		Ap Chagi 앞 차기	
2b	Left	Tiger Stance	Left Arm	Inward Middle Block	Beom Seogi 범 서기	Momtong An Makgi 몸통 안 막기	
3	Right	Tiger Stance	Left Hand	Palm Heel Inward Block	Beom Seogi 범 서기	Batangson An Makgi 바탕손 안 막기	
4a			Left Foot	Front Kick		Ap Chagi 앞 차기	
4b	Right	Tiger Stance	Right Arm	Inward Middle Block	Beom Seogi 범 서기	Momtong An Makgi 몸통 안 막기	
5	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Downward Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Naeryeo Makgi 손날 거들어 내려 막기	Georeo Makgi 걸어 막기
6	Right	Backward Stance	Right Arm Block + Left Arm Assist	Assisted Knife Hand Downward Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Naeryeo Makgi 손날 거들어 내려 막기	Georeo Makgi 걸어 막기
7a	Left	Tiger Stance	Right Hand Block + Left Arm Assist	Assisted Palm Heel Inward Block	Beom Seogi 범 서기	Batangson Geodeureo An Makgi 바탕손 거들어 안 막기	
7b			Right Fist Strike + Left Arm Assist	Assisted Back Fist Forward Strike		Geodeureo Deung Jumeok Ap Chigi 거들어 등 주먹 앞 차기	
8a	Right	Tiger Stance	Left Hand Block + Right Arm Assist	Assisted Palm Heel Inward Block	Beom Seogi 범 서기	Batangson Geodeureo An Makgi 바탕손 거들어 안 막기	
8b			Left Fist Strike + Right Arm Assist	Assisted Back Fist Forward Strike		Geodeureo Deung Jumeok Ap Chigi 거들어 등 주먹 앞 차기	
9a	Left Steps	Closed Stance	Left Covers Right	Covered Fist Ready Posture	Moa Seogi 모아 서기	Bo Jumeok Junbi Jase 보 주먹 준비 자세	5 Seconds
9b	Left	Forward Stance	Right Downward + Left Outward	Scissor Block	Ap Gubi 앞 굽이	Gawi Makgi 가위 막기	
9c			Left Downward + Right Outward	Scissor Block		Gawi Makgi 가위 막기	
10a	Right	Forward Stance	Left Downward + Right Outward	Scissor Block	Ap Gubi 앞 굽이	Gawi Makgi 가위 막기	
10b			Right Downward + Left Outward	Scissor Block		Gawi Makgi 가위 막기	
11	Left	Forward Stance	Both Arms	Middle Opening Block	Ap Gubi 앞 굽이	Momtong Hechyeo Makgi 몸통 헤쳐 막기	Left Arm Over Right Arm
12a			Right Knee	Grabbing Upward Knee Strike		Japgo Mureup Ollyeo Chigi 잡고 무릎 올려 치기	
12b	Right	Back Cross Stance	Both Fists	Double Turn Over Punch	Dwi Kkoa Seogi 뒤 꼬아 서기	Du Jumeok Jeojhyeo Jireugi 두 주먹 젓혀 지르기	Right Foot Turned Out 30°
12c	Right	Forward Stance	Both Arms	Low Cross Block	Ap Gubi 앞 굽이	Eotgeoreo Arae Makgi 엇걸어 아래 막기	Right Hand Over Left Hand
13	Right	Forward Stance	Both Arms	Middle Opening Block	Ap Gubi 앞 굽이	Momtong Hechyeo Makgi 몸통 헤쳐 막기	Right Arm Over Left Arm
14a			Left Knee	Grabbing Upward Knee Strike		Japgo Mureup Ollyeo Chigi 잡고 무릎 올려 치기	
14b	Left	Back Cross Stance	Both Fists	Double Turn Over Punch	Dwi Kkoa Seogi 뒤 꼬아 서기	Du Jumeok Jeojhyeo Jireugi 두 주먹 젓혀 지르기	Left Foot Turned Out 30°
14c	Left	Forward Stance	Both Arms	Low Cross Block	Ap Gubi 앞 굽이	Eotgeoreo Arae Makgi 엇걸어 아래 막기	Left Hand Over Right Hand
15	Left	Walking Stance	Left Fist	Back Fist Outward Strike	Ap Seogi 앞 서기	Deung Jumeok Bakkat Chigi 등 주먹 바깥 치기	
16a			Right Foot	Target Inward Kick		Pyojeok An Chagi 표적 안 차기	
16b	Right	Riding Stance	Right Elbow	Target Elbow Strike	Juchum Seogi 주춤 서기	Palgup Pyojeok Chigi 팔굽 표적 치기	
17	Right	Walking Stance	Right Fist	Back Fist Outward Strike	Ap Seogi 앞 서기	Deung Jumeok Bakkat Chigi 등 주먹 바깥 치기	
18a			Left Foot	Target Inward Kick		Pyojeok An Chagi 표적 안 차기	
18b	Left	Riding Stance	Left Elbow	Target Elbow Strike	Juchum Seogi 주춤 서기	Palgup Pyojeok Chigi 팔굽 표적 치기	
19			Left Arm	Knife Hand Side Block		Sonnal Yeop Makgi 손날 옆 막기	
20	Right	Riding Stance	Right Fist	Side Punch	Juchum Seogi 주춤 서기	Yeop Jireugi 옆 지르기	Kihap
Baro 바로	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds

