

# Tae Geuk Chil-jang

philosophy: mountain

16 left knee strike double inverted punches LXS	15 double outside block RFS	12 double outside block LFS	13 right knee strike double inverted punches RXS
17 low X block LFS	11 LH low block +RH outside block, RH low block +LH outside block, 10 RH low block +LH outside block, LH low block +RH outside block, 9 cupping right fist feet together	18 back fist, LWS	14 low Xblock RFS
	7 rev palm block back fist LTS	8 rev palm block back fist RTS	
	6 low sonal maki RBS	21 crescent kick elbow strike left sonal block LSS	
	5 low sonal maki LBS	22 mid punch RSS KIAP!	
2 right front kick inside block LTS	1 rev palm block LTS	3 rev palm block RTS	4 left front kick inside block RTS

This form introduces the tiger stance.