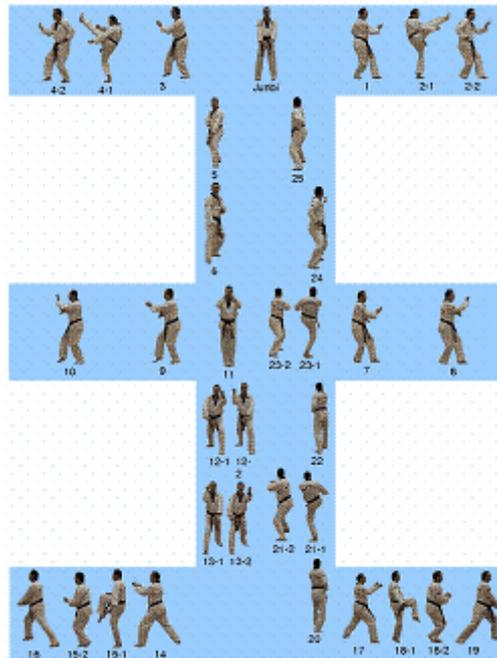


Taegeuk Chil-Jang (Pattern 7)

Gan – Symbolizes the mountain and has 25 movements

"This pattern interprets gan, symbolized by the image of a mountain, as the principle of stability. This stability is defined as the structural soundness, which results from having resolved one's ambition to touch heaven into the limitations of excellent form. This resolution is of a notable and majestic character; thus, the image of the mountain."



Movements

Left, cat stance, reverse pushing palm block – front kick, pull back, slide back into cat stance, inner block.

180 degree turn over right shoulder, cat stance, reverse pushing palm block – front kick, pull back, slide back into cat stance, inner block.

Left, back stance, double low knife-hand block.

Forward, back stance, double low knife-hand block.

Left, cat stance, reverse palm heel strike, backfist strike.

180 degree turn over right shoulder, cat stance, reverse palm heel strike, backfist strike.

Left, parallel stance, double fist rising block.

Forward, long stance, double scissor block

Forward, long stance, double scissor block.

270 degree turn over left shoulder, long stance, mid-section spreading block – rising knee strike into the hands, cross cat stance, double upset punch, pull back, long stance, X block.

180 degree turn over right shoulder, long stance, mid-section spreading block – rising knee strike into the hands, cross cat stance, double upset punch, pull back, long stance, X block.

Left, parallel stance, outward backfist strike.

Forward, inside crescent kick into hand, horse stance, inward elbow strike to hand, forward, parallel stance, outward backfist strike.

Forward, inside crescent kick into hand, horse stance, inward elbow strike to hand. Change the stance to a back stance, single knife-hand guarding block.

Forward, horse stance, side punch, shout.

Application

Left, cat stance, reverse pushing palm block – front kick, pull back, slide into cat stance, inner block.

A cat stance is all about controlling the distance of the fight. In this case, you are defending against a punch from very close range. The cat stance allows you to “ride” the punch, pulling your mid-section away from the punch, giving you fractionally more time to block with a pushing palm block.

The front kick is still at close range, so is driven into the mid-section. This will double your opponent over and their head will be lower and closer. Pulling back and sliding into another cat stance gives you the correct distance to deliver an inward hammer-fist strike to the head.

180 degree turn over right shoulder, cat stance, reverse pushing palm block – front kick, pull back, slide into cat stance, inner block.

Defending against a punch thrown at the base of your spine. Again, this punch is at very close range, so you need to turn to face the opponent and pull your front leg back into a cat stance. This allows you to “ride” the punch, pulling your mid-section away from the punch, giving you fractionally more time to block with a pushing palm block.

The front kick is still at close range, so is driven into the mid-section. This will double your opponent over and their head will be lower and closer. Pulling back and sliding into another cat stance gives you the correct distance to deliver an inward hammer-fist strike to the head.

Left, back stance, double low knife-hand block.

This is, in effect, an outside knife-hand strike to the inner thigh / groin. The back-stance gives you the correct distance to be able to land this. The other hand is chambered, ready to throw a possible follow-up technique.

Forward, back stance, double low knife-hand block.

As above.

Left, cat stance, reverse palm heel strike, backfist strike.

This set of movements has three effects. Your opponent has taken hold of your left wrist. Moving to a cat-stance, breaks their balance. The palm heel strike (over your wrist) breaks their grip and the back-fist strike breaks their nose.

180 degree turn over right shoulder, cat stance, reverse palm heel strike, backfist strike.

Similar to the previous set. In this case, the opponent has taken hold of your right wrist. The turn breaks their balance, the palm heel strike breaks their grip and the back-fist strike breaks their nose.

Left, parallel stance, double fist rising block.

No practical application for this movement other than to “psyche” yourself up for the next set of techniques.

Forward, long stance, double scissor block

This is NOT defending two attacks, one a mid-section front kick, the other a mid-section punch ...

The low block starts off as an inside forearm block, defending against a mid-section punch. The movement then continues down, taking the attacking arm off of the line of attack, while the other arm is executing an upset punch (uppercut) to the jaw.

Forward, long stance, double scissor block.

As above

270 degree turn over left shoulder, long stance, mid-section spreading block – rising knee strike into the hands, cross cat stance, double upset punch, pull back, long stance, X block.

As your right leg is leading, turning to your right would be too difficult without sacrificing the distance. Therefore, pivot on your front leg, and turn over your left shoulder into a mid-section spreading block.

This block defends against the punch with one hand while the other hand keeps your distance, chambers for any potential attack from the other hand and prepares for the next movement.

Both hands reach behind your opponent’s head, which you then pull onto a rising knee-strike. Close your opponent down as you deliver a double upset punch in a cross cat stance (very close range). Then, cross your hands whilst taking hold of your opponent’s lapels as you step back, pulling your opponent down.

180 degree turn over right shoulder, long stance, mid-section spreading block – rising knee strike into the hands, cross cat stance, double upset punch, pull back, long stance, X block.

Defending against a punch to the spine, between the shoulder blades. Turn your head and your body, to remove the target. Step behind and complete the turn with a mid-section spreading block, in a long-stance. Complete the section, as above.

Left, parallel stance, outward backfist strike.

Bring your feet together (moving your front foot), as your opponent has closed you down, facing to the left and execute a back-fist strike to your opponent’s face.

Forward, inside crescent kick into hand, horse stance, inward elbow strike to hand, forward, parallel stance, outward backfist strike.

The back-fist strike has hit your opponent's face. Open the hand, to reach around and hold their head into position as you execute an inside crescent kick into their face. After completing the kick, keep hold of their head then, as you step down into a horse riding stance, drive an elbow strike into their face. The side-on horse riding stance allows you to use gravity, as the stance is deeper. You will be able to drive more power into the elbow strike this way.

Forward, inside crescent kick into hand, horse stance, inward elbow strike to hand. Change the stance to a back stance, single knife-hand guarding block.

Slide your back foot forward, bringing your feet together and execute the back-fist strike to the face, again. Continue the section, as above.

Forward, horse stance, side punch, shout.

Stepping forward, drop into a side-on horse riding stance, in order to come in under your opponent's attack. Attack your opponent's ribs with a side punch.