

**“TAEGUEK CHIL JANG 7”  
MOUNTAIN MASSIVE OR GREAT  
(25 Motions, 4 Kicks, 1 Punch, 1 Ki-Up)**

**STANCE**

**MOVEMENT**

<b>1. Beom seogi</b>	<b>Batangson Momtong Makki</b>
<b>2a. Ap chagi</b>	
<b>2b. Dwit koobi</b>	<b>An Palmok Momtong Makki</b>
<b>3. Beom seogi</b>	<b>Batangson Momtong Makki</b>
<b>4a. Ap chagi</b>	
<b>4b. Dwit koobi</b>	<b>An Palmok Momtong Makki</b>
<b>5. Dwit koobi</b>	<b>Sonnal Arae Makki</b>
<b>6. Dwit koobi</b>	<b>Sonnal Arae Makki</b>
<b>7. Beom seogi</b>	<b>Batangson Momtong Makki</b>
<b>8. Teengeo Chigi</b>	
<b>9. Beom seogi</b>	<b>Batangson Momtong Makki</b>
<b>10. Teengeo Chigi</b>	
<b>11. Moa seogi</b>	<b>Pojoomak</b>
<b>12a. Ap koobi</b>	<b>San Gawe Makki</b>
<b>12b. San Gawe Makki</b>	
<b>13a. Ap koobi</b>	<b>San Gawe Makki</b>
<b>13b. San Gawe Makki</b>	
<b>14. Ap kobi</b>	<b>Momtong Hechyo Makki</b>
<b>15a. Mooreup Chigi</b>	
<b>15b. Koa seogi</b>	<b>Jeochyo Jireugi</b>
<b>16. Ap koobi</b>	<b>Eotgereo Arae Makki</b>
<b>17. Ap koobi</b>	<b>Momtong Hechyo Makki</b>
<b>18a. Mooreup Chigi</b>	
<b>18b. Koa seogi</b>	<b>Momtong Jeochyo Jireugi</b>
<b>19. Ap koobi</b>	<b>Eotgereo Arae Makki</b>
<b>20. Pyeonhi seogi</b>	<b>Deung Joomeok Eolgool Bakat Chigi</b>
<b>21a. Pyojeok Chagi</b>	
<b>22. Pyeonhi seogi</b>	<b>Deung Joomeok Eolgool Bakat Chigi</b>
<b>23a. Pyojeok Chagi</b>	
<b>23b. Joochoom seogi</b>	<b>Palkoop Jyojeok Chigi</b>
<b>24. Hansonnal Momtong Yeop Makki</b>	
<b>25. Joochoom seogi</b>	<b>Joomeok Yeop Kireugi KI-UP</b>

