

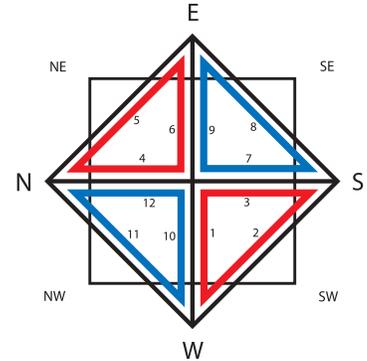
7DB FORM : CHUL JOON

Translation: A project of self awareness towards an individuals future leadership role within Songahm Taekwondo

New Basic: Over shoulder fingertip thrust (1), Reverse low block (3 & 39),
Circular master punch (40), Corkscrew block (49),
 Double half-moon block (54).

New Kick: Combination - #2 front kick with punch (27)

New Concept: 2 or 3 move combination flows - individual moves
 done as 1 continuous flow of technique.
Choice on kick to perform (27, 47)



Ready Position: Left full command ready position, opposite of 6DB

Line 1 (1-7)

1. (In place to East) Left foot slides one foot length to east onto ball of foot, while in slow motion do left knifehand high block while right hand does downward palm block then flow immediately to, step right foot back to right **back stance**, **right over shoulder fingertip thrust** behind the neck (looks like ridge hand strike).
2. Turn toward west, **left back stance**, right palm heel strike to west
3. In place, turning clockwise, body facing north while making right x-stance, left circular reverse low block.
4. Step left foot to west forming left middle stance, left back elbow strike with right hook punch.
5. Double step (left foot to right, turning clockwise, right out) to middle stance, right high horizontal back elbow strike.
6. #3 (step behind) right side kick, Land toward West into middle stance, right high knifehand strike.

Line 2 (7-19)

7. Step left foot to right foot, facing Southeast while left hand extends toward southeast then step right foot to southeast forming left rear stance slow right knifehand block
8. Step right foot to SE right front stance, left reverse punch.
9. Slide right foot back forming **left rear stance**, right inward outer forearm block to SE.
10. Step right foot to SE forming right front stance, left reverse inward outer forearm block to SE.
11. #3 right jump front kick to SE
12. Drop right foot to right front stance, low X-block
13. Step SE to left front stance, circular twin upset punch
14. Step SE to, right front stance, left middle reverse punch, then
15. No step right middle lunge punch, then
16. No step, left high reverse punch
17. Slide right foot forward to long front stance, right high lunge punch - KIHAP
18. No step, right 1 finger palm strike.
19. No step, right hand rotates counter-clockwise, tension right 1 finger palm strike.

Line 3 (20-33)

20. Step left foot to closed stance, facing North, circle arms down and back up to high reinforced twin upset spearhand to throat (left hand under right hand).
21. No step, high reinforced palm block
22. Hands circle downward, palms cross at waist (palms up), come up on toes, chamber hands to sides, drop feet flat, then immediately skip to North into right X-stance, right high block.
23. Step left foot back to South (evade back), forming left back stance, **right low block** (palm up)
24. Step left foot North forming right x-stance, **right back fist**
25. Shift left foot further North forming longer x-stance, right low circular hammerfist (to groin) to North
26. Turn counter-clockwise, step left foot to north, into left front stance, left hand sweeps while executing right inward hammer fist strike
27. #2 right front kick (or #2 knee strike) with left punch at same time and...
28. Set right foot back to South forming left front stance, right punch to North
29. No step, left punch
30. #3 left jump front kick to North
31. Land in left front stance, right reverse punch
32. Step left foot in front of right to east (onto center line) right #2 round kick and
33. Set right foot back to south in front of left foot into x-stance, tension high/low block (statue block).

Line 4 (34-40)

34. Step left foot to North (turning **counter**-clockwise to face South) forming left back stance, right high 2 finger strike to South
35. Turn counter-clockwise to North, into right back stance, double knifehand block.
36. Step left foot to North to left front stance, left **tension inner forearm block**
37. Right foot steps to North to right front stance, right tension outer forearm block with long - KIHAP
38. Step left foot North to left front stance, left high block, and keeping high block in place
39. Pull left foot back to right rear stance, right reverse half low block to North
40. Step left foot to North to left front stance, high **right circular master punch (circle left hand counter-clockwise, while chambering right hand to side and explode with right reverse punch using right leg for added power)**

Line 5 (41-50)

41. Step right foot to SE to middle stance, right horizontal back elbow strike
42. Step left foot clockwise to SE to right back stance, left double knifehand block
43. Step left foot to SE to left front stance, right horizontal elbow strike to left palm
44. No step, slow right knifehand block with left knifehand low block, and flow into.....
45. No step, circle both hands to slow right knifehand block
46. Step left foot in line with right foot, #2 right round kick toward SE. Land forward, 1 stance length, and in continuous motion
47. Left spin crescent kick (or spin hook kick) and.....
48. Set down to NW forming left back stance, right double knifehand block to SE.
49. Step left foot forward to SE to middle stance, corckscrew block (circular motion with both hand to grab "opponents punching arm" and pull to waist
50. **Pick up both heels and with a stomp down, simultaneously "break elbow" with right punch**

Line 6 (51-60)

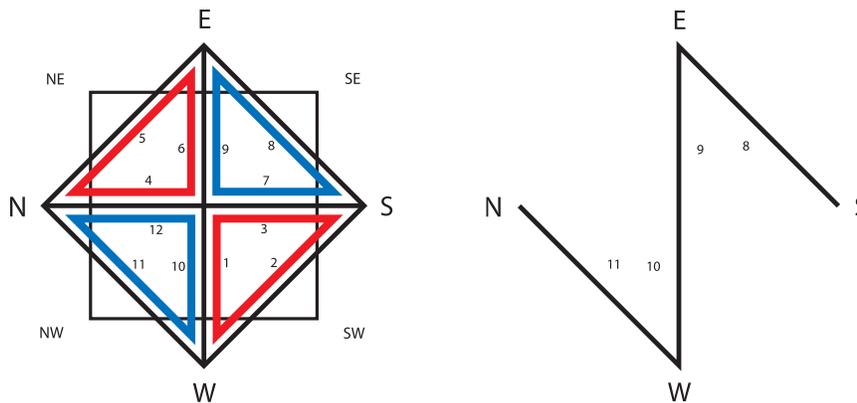
51. Step right foot to West to left back stance, right double knifehand block, to West
52. Step left foot to West to right back stance, left double knifehand block to West
53. Step right foot to West forming right x-stance (right in front of left), tension double half-moon block
54. Turn counter-clockwise to right back stance, left double knifehand block to East
55. Right #2 front kick to East and.....
56. Set right foot behind left, left side kick to West - KIHAP, and.....
51. #2 right front kick to West and.....
58. Set right foot to West to middle stance, right side punch to West
59. Step left foot to right foot into parallel stance (facing South), at the same time circling fists down to side ending like natural ready stance, and.....
60. Pull hands up to ribs opening to palm heels (palms up - keeping tension on wrist joint at all times) and.... lifting heels..... tension downward palm press block (with fingers spread - elbows end bent - maintain tension on wrist joints) while lowering heels to floor, then.....

Line 7 (61)

61. Pick up right foot, twisting foot so toes point outward while holding palms up near shoulders, (maintaining tension on wrist joints), take 3 long steps to South (right, left, right) to form x-stance (left foot behind right), high section twin palm heel strike, then raise both elbows to horizontal & twist hands so knuckles point to each other (maintaining tension on wrist joints), claw across face.

Line 8, 9, 10 and 11 (Create your own 31 movements)

#62 - #92. Add KIHAP on #77



Line 12 (93-97)

93. Step right foot to South to left back stance, double knifehand block
94. #3 Right jump front kick to South
95. Set right foot down after kick and.... step through with the left foot to South to middle stance, high left hand side punch (chest facing West)
96. Double step left to right turning clockwise, step right foot to south into middle stance, high right knifehand strike to South (chest facing East)
97. No step, tension twin palm heel strike to East - KIHAP

Left foot returns to ready position.