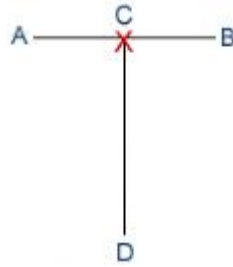


CHOONG-JANG



CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Movements - 52



Starting Position - CLOSED READY STANCE A

The illustration for this pattern assumes that the student is standing on the X and facing D

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. **Perform in slow motion.**
4. Move the left foot to D to form a left walking stance toward while executing a high right double finger thrust to D.
5. Move the right foot to D to form a right walking stance toward while executing a high left double finger thrust to D.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a left outer forearm rising block.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a right fist middle punch to D.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle forearm guarding block to D.
10. Execute a right foot low front snap kick to D keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high right flat finger tip thrust to D.
12. Execute a right foot high turning kick to D supporting the body with both hands and the left knee.
13. Lower the right foot to D and then execute a right fist high punch to D while pressing the ground with the left palm.

CHOONG-JANG



14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle forearm guarding block to D.
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward right knife-hand strike to D.
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
19. Execute a low front right knee snap kick to C while pulling both hands in the opposite direction as if grabbing the opponent's leg.
20. Lower the right foot to C forming a right L-stance toward D while executing a middle knife-hand guarding block to D.
21. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.
22. Execute a middle knife-hand guarding block to D while forming a left L-stance toward D pivoting with the left foot.
23. Execute a right foot middle side piercing kick to D while pulling both hands in the opposite direction.
24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.
25. Move the right foot to C to form a right walking stance toward C while executing a right arm high front inward outer forearm block to C and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.
26. Execute a high left flat finger tip thrust to D while forming a right L-stance toward D pivoting with the right foot.
27. Execute a right foot low front snap kick to D while bring the right palm on the left back hand.
28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. **Perform in slow motion.**
29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. **Perform in a stamping motion.**
30. Punch the left palm with the right fist while maintaining a right L-stance toward C.
31. Move the right foot to C to form a left L-stance toward C while executing a downward strike with the right back hand. **Perform in a stamping motion.**
32. Punch the right palm with the left fist while maintaining a left L-stance toward C.
33. Execute a middle outward left knife-hand strike to D while forming a right L-stance toward D, pivoting with the right foot. **Perform in a stamping motion.**
34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.



35. Move the right foot to D forming a left L-stance toward D while executing a middle outward right knife-hand strike to D. **Perform in a stamping motion.**
36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
37. Execute a low reverse knife-hand guarding block to C while forming a right L-stance toward C pivoting with the right foot.
38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.
39. Move the right foot to C forming a left L-stance toward C while executing a low reverse knife-hand guarding block to C.
40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
41. Move the right foot to D forming a left walking stance toward C while executing a twin knife-hand horizontal strike.
42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.
43. Execute a right foot middle front snap kick to C keeping the position of the hands as they were in 42.
44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.
45. Execute a left foot middle front snap kick to C keeping the position of the hands as they were in 44.
46. Lower the left foot to C forming a left walking stance toward C while executing a right fist middle punch to C.
47. Execute a left fist middle punch to C while maintaining a left walking stance toward c. **Perform 46 and 47 in a fast motion.**
48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.
49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low left knife-hand block to B.
50. Execute a high right open fist punch to B while maintaining a left walking stance toward B.
51. Move the left foot on line AB forming a right walking stance toward A while executing a low right Knife-hand block to A.
52. Execute a high left open fist punch to A while maintaining a right walking stance toward A.

END: Bring the left foot back to Closed Ready Stance A.