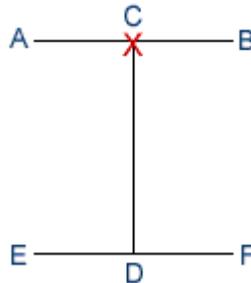


CHOONG-MOO



CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Movements – 30



Starting Position - PARALLEL READY STANCE

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

1. Move the left foot to B forming a right L-stance while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance while executing a high front strike with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance while executing a middle knife-hand guarding block.
4. Move the left foot to A forming a left walking stance while executing a high left flat finger tip thrust.
5. Move the left foot to D forming a right L-stance while executing a middle knife-hand guarding block.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C forming a right L-stance toward D while executing a middle knife-hand guarding block.
9. Execute a **flying side piercing kick** to D with the right foot soon after moving it to D and then land to D forming a left L-stance while executing a middle knife-hand guarding block.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a left outer forearm low block.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.

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12. Execute an upward kick to E with the right knee pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
- 15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.**
16. Lower the left foot to F forming a left L-stance toward E while executing a middle forearm guarding block to E.
17. Execute a middle turning kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle knife-hand guarding block to C.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low right upset fingertip thrust to C.
21. Execute a side back strike to D with the right back fist and a left low outer forearm block to C while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle right straight finger tip thrust to C.
23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high left double forearm block to B.
24. Move the right foot to B forming a sitting stance toward C while executing a right forearm middle front block to C and then a right back fist high side strike to B.
25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute an X-knife-hand checking block to B while forming a left L-stance toward B pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing a twin palm upward block to B.
29. Move the left foot on line AB and then execute a right outer forearm rising block while forming a right walking stance toward A.
30. Execute a left fist middle punch to A while maintaining a right walking stance toward A.

END: Bring the left foot back to Parallel Ready Stance