

Choi-Yong

50 Movements

“Choi-Yong is named after the General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. His subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty, executed him.”

Ready Stance C

1. Left Double Fist Block - Left Cat Stance
2. Left Vertical Punch - Left Cat Stance
3. Right Double Fist Block - Right Cat Stance
4. Right Vertical Punch High - Right Cat Stance
5. Left Knife-hand High Block - Left Front Stance
6. Right Reverse Inner Forearm Block - Left Front Stance
7. Left Punch High - Left Front Stance
8. Right Knife-hand High Block - Right Front Stance
9. Left Reverse Inner Forearm Block - Right Front Stance
10. Right Punch High - Right Front Stance
11. Left Double Knife-hand Block Low - Left Back Stance
12. Right Round Kick
13. Left Spin Hook/Round Kick - Left Front Stance
14. Right Reverse Horizontal Elbow Strike to Left Palm - Right Back Stance
15. Right Double Knife-hand Block Low
16. Right Round Kick
17. Right Spin Hook Kick/Round Kick
18. Left Reverse Horizontal Elbow Strike to Right Palm - Right Front Stance
19. Left Double Knife-hand Press Block (Medium) - Left Front Stance
20. Right Double Knife-hand Press Block (Medium) - Right Front Stance
21. Twin Knife-hand Block - Left Front Stance
22. Right Front Kick
23. Left Double Fist Block - Left Back Stance
24. Twin Knife-hand Block - Right Front Stance
25. Left Front Kick
26. Right Double Fist Block - Right Back Stance
27. Right Double Fist Block - Right Back Stance
28. Left Horizontal Spear-hand High - Left Front Stance
29. Right Horizontal Spear-hand High - Right Front Stance
30. Right Hooking Block (Medium) - Parallel Stance
31. Left Punch High - Parallel Stance
32. Right Double Fist Block - Left One Leg Stance
33. Right Side Kick
34. Right Hammer-fist to Left Palm - Right X Stance
35. Right Double Fist Block - Right Back Stance
36. Left Front Kick/Round Kick
37. Right Jump Spin Heel Kick
38. Left Double Fist Block - Left Back Stance
39. Right Knife-hand Strike High - Right Back stance
40. Left Hooking Block (Medium) - Parallel Stance
41. Right Punch High - Parallel Stance
42. Left Double Fist Block - Right One Leg Stance
43. Left Side Kick

44. Left Hammer-fist to Right Palm - Left X Stance
45. Left Double Fist Block - Left Back Stance
46. Right Front Kick/Round Kick
47. Left Jump Spin Heel Kick
48. Right Double Fist Block - Right Back Stance
49. Left Knife-hand Strike High - Left Back Stance
50. Right Punch High - Right Back Stance