

Choong-Jang

54 Movements

“Choong-Jang is the pseudonym given to General Kim DukRyang who lived during the Yi Dynasty, 14th Century. This pattern ends with a left hand attack to symbolize the tragedy of his death at age 27 in prison before he was able to reach full maturity”

Ready Stance B

1. Right Inner Forearm Block/Left Low Block - Sitting Stance
2. Left Inner Forearm Block/Right Low Block - Sitting Stance
3. Left Horizontal Punch (Medium) - Closed Stance
4. Right Reverse Two Finger Strike High - Left Front Stance
5. Left Reverse Two Finger Strike High - Right Front Stance
6. Right Supported Downward Back-fist - Right Front Stance
7. Left High Block - Left Front Stance
8. Right Punch High - Right Front Stance
9. Left Double Fist Block - Left Back Stance
10. Right Front Kick
11. Right Horizontal Spear-hand High - Right Front Stance
12. Right Drop Round Kick
13. Right Punch to Groin - Right Kneeling Stance
14. Left Reverse Backward Elbow Strike - Right Back Stance
15. Right Double Fist Block - Right Back Stance
16. Left Palm Heel Upset Strike High - Left Back Stance
17. Right Knife-hand Strike High - Right Back Stance
18. Left X Block Low/ Knee Grab - Left Front Stance
19. Right Knee Strike
20. Left Double Knife-hand Block - Left Back Stance
21. Right Reverse Backward Elbow Strike - Left Back Stance
22. Right Double Knife-hand Block - Right Back Stance
23. Right Side Kick
24. Twin Press Block Low - Left Cat Stance
25. Right Supported Outside Block - Right Front Stance
26. Right Back-fist - Right Front Stance
27. Left Horizontal Spear-hand High - Left Back Stance
28. Right Hand Grab - Left Back Stance
29. Right Front Kick
30. Left Horizontal Punch (Medium) - Left Front Stance
31. Left Leg Stretch/Left Backhand - Left Back Stance
32. Right Reverse Horizontal Punch To Left Palm - Left Back Stance
33. Right Leg Stretch/Right Backhand - Right Back Stance
34. Left Reverse Horizontal Punch To Right Palm - Right Back Stance
35. Left Leg Stretch/Left Knife-hand Strike High - Left Back Stance
36. Right Reverse Vertical Elbow Strike To Left Palm - Left Front Stance
37. Right Leg Stretch/Right Knife-hand Strike High - Right Back Stance
38. Left Reverse Vertical Elbow Strike To Right Palm - Right Front Stance
39. Left Circular Double Ridge-hand Block Low - Left Back Stance
40. Right Reverse Nine Block - Left Front Stance
41. Right Circular Double Ridge-hand Block Low - Right Back Stance
42. Left Reverse Nine Block - Right Front Stance
43. Twin Knife-hand Strike High - Left Front Stance
44. Right Reverse Arc Hand Grab High - Left Front Stance

45. Right Front Kick
46. Left Reverse Arc Hand Grab High - Right Front Stance
47. Left Front Kick
48. Right Reverse Punch High - Left Front Stance
49. Left Punch High - Left Front Stance
50. Twin Inverted Punch High (Medium) - Closed Stance
51. Left Knife-hand Low Block - Left Front Stance
52. Right Reverse Palm Heel Strike High - Left Front Stance
53. Right Knife-hand Low Block - Right Front Stance
54. Left Reverse Palm Heel Strike High - Right Front Stance