

Choong-Moo

31 Movements

“Was the name given to the great Admiral Hi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship in 1592 A.D., which was the precursor of the present day submarine in 1592 AD. This pattern ends with the left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.”

Ready Stance A

1. Left Knifehand Square Block - Left Back Stance
2. Right Outside Knifehand Strike High/ Left Reverse Knifehand High Block - Right Front Stance
3. Right Double Knifehand Block - Right Back Stance
4. Left Horizontal Spearhand High - Left Front Stance
5. Left Double Knifehand Block - Left Back Stance
6. Right Side Kick
7. Left Double Knifehand Block - Left Back Stance
8. Right Jump Side Kick
9. Right Double Knifehand Block - Right Back Stance
10. Left Low Block - Left Back Stance
11. Twin Grab High - Left Front Stance
12. Right Knee Strike
13. Right Reverse Ridgehand Strike High - Left Front Stance
14. Right Round Kick
15. Left Spin Side Kick
16. Right Double Fist Block - Right Back Stance
17. Left Round Kick
18. Right C-Block - Right Back Stance
19. Right Double Knifehand Block - Right Back Stance
20. Right Reverse Spearhand Low - Left Front Stance
21. Left Low Block/Right Reverse Downward Backfist - Left Back Stance
22. Right Spearhand Middle - Right Front Stance
23. Left Double Inner Forearm Block - Left Front Stance
24. Right Supported Outside Block - Sitting Stance
25. Right Backfist - Sitting Stance
26. Right Side Kick
27. Left Side Kick
28. Right Knifehand X-Block Middle - Right Back Stance
29. Twin Palm Upset Strike High - Left Front Stance
30. Right High Block - Right Front Stance
31. Left Reverse Punch High - Right Front Stance