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### **1<sup>st</sup> Kup Theory**

#### **Choong-Moo Tul 30 Moves**

Choong Mo is the name given to Admiral Yi Sun Sin of the Yi Dynasty. Reputed to have invented the first armoured battleship, the Kobukson, a precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

#### **Blocks**

Front Inward Outer Forearm Block  
X Knife Hand Checking Block  
Twin Palm Upward Block

Ap Anuro bakket Palmok Makgi  
Kyocha Sonkal Momchau Makgi  
Sang Ollyo Sonbadak Makgi

#### **Additional Techniques**

Flying	Twimyo
Jumping	Twiggi