



3rd Dan Theory

Choi-Yong 46 Moves

Choi-Yong is named after General Choi-Yong commander in Chief of the Armed Forces during the 14th Century, Koryo Dynasty. Choi-Yong was greatly respected for his Loyalty, Patriotism and Humility. He was executed by his subordinate Commanders led by General Yi Sung-Gae who later became the 1st King of the Yi Dynasty.

Middle Knuckle Fist Punch	JOONJI (SONGARAK) JOOMAK JURIGI
Reverse Hooking Kick	BANDAE GORO CHAGI
Knife Hand W Shape Block	SONKAL SAN MAKGI

Choi-Yong (1316—1388 A.D) was born into a wealthy family but he never sort fame or fortune and lived by his Fathers motto “do not be covetous of Gold”, highlighting his hatred of greed. He was much loved by his soldiers and people alike and became a National Hero, putting down numerous rebellions and winning nearly 30 battles.

Choi-Yong was fiercely Loyal to his King and rose to become Commander in Chief of the Armed Forces and Prime Minister of Koryo. Following false claims against him Choi-Yong was exiled for 6 years narrowly escaping the Death Penalty. He was eventually restored and led a campaign against the Ming Chinese Invaders. His subordinate Commander Yi Song-Gae betrayed him during this operation, returning to the Capital to depose the King while Choi-Yong was away. Yi Song-Gae then had Choi-Yong executed and took the throne for himself. Choi- Yong predicted that the grass would never grow on his grave and it was only in 1979 that grass started to grow once more on his grave.

This pattern meaning and the story of Choi-Yong warns against a love of greed and material riches and teaches the morals of Loyalty, Patriotism, Benevolence and Humility.