



2nd Dan Theory

Choong-Jang 52 Moves

Choong-Jang is the pseudonym given to General Kim Duk-Ryang who lived during the Yi Dynasty 16th Century. This pattern ends with a left hand attack to symbolise the tragedy of his death, in prison, before he was able to reach full maturity.

Double Fingertip Thrust	DOO SONKUT TULGI
Knee kick	MOORUP CHAGI
Twin Palm Pressing Block	SANG SONBADAK NOOLLO MAKGI
Downward Backhand Strike	NAERYO SONDUNG TAERIGI
Horizontal Twin Knife hand Strike	SOOPYONG SANG SONKAL TAERIGI
Arc hand Strike	BANDALSON TAERIGI
Twin fore knuckle-fist Crescent Punch	SANG INJI-JOOMUK BANDAL JIRUGI
Open Fist Punch	PYON JOOMUK JURIGI

Kim Duk-Ryang was a commanding General during the Yi Dynasty from 1592. He was an excellent tactician and Military strategist and successfully defended against a number of Japanese invasions.

In recognition of his bravery he was given the nickname General Ho-ik (Tiger Wing). His record was marred by him being falsely accused of the involvement of the killing of a slave girl for which he was imprisoned. He was released under direct orders of the King and was thereafter jealously regarded by the Kings Subordinates. In 1596 he was again falsely accused of being involved in a rebellion against the King and was poisoned while in prison. He was later exonerated of all charges and absolved of any dishonour.

“I’m already a Black Belt, why should I go for a 2nd Dan ?” This question is surprisingly common in Taekwondo and is often the result of the student only having a single goal, the Black Belt. It may even come from a fear of progression, how many time have you heard a student say “ I hate grading’s, I get so nervous”, but then they go on to successfully promote to the next grade. This is a way of facing and overcoming ones fears and therefore the student gradually becomes a stronger person with a more confident self -belief that they can achieve things if they set their minds to it. Another misconception is that “I’m a Black belt, I know everything now so I don’t need to carry on”, how wrong they are. Continually progressing and improving oneself is a basic human condition. That’s why records are continually being broken and new fields of exploration and knowledge are strived for. It’s the same in Taekwondo. At grading’s when asked “ what is your next goal ? ” a student will often reply “to be the best I can Sir” and progressing through the grades is one way of achieving that. **WINNERS NEVER QUIT.**