

Choong-Jang

The pattern for Third Degree Black Belt Contains 53 movements

History: Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee dynasty, 14th Century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Step right foot East into middle stance facing North, left low block, right inner forearm block, combination to North.	N	M KIHAP
2. No step, right low block, left inner forearm block combination	N	M
3. Step right foot to left into a closed stance facing North, left tension horizontal punch to East, middle section	N	CS
4. Step into a left front stance right reverse double spear-finger to North high section	N	LF
5. Step into a right front stance, left reverse double spear-finger to North high section.	N	RF
6. No step, right supported back fist to North high section	N	RF
7. Step into a left front stance, left high block to North, high section	N	Lf
8. Step into a right front stance, right punch to North, middle section	N	RF KIHAP
9. Pivot on left foot 360° (CCW) stepping right foot into a right back stance facing North left double outer forearm block to North middle section	N	RB
10. Maintaining hand position, right #2 front kick to North low section	N	RB
11. Step right foot into a right front stance, right horizontal spear hand strike to North high section	N	RF
12. Drop to left knee, right side kick to North, high section (Support body with both hands and left knee)	N	
13. Lower right foot to North left reverse punch to North high section	N	
14. Pivoting on right foot (CW) bring left foot to North into a left back stance facing South left back elbow strike to North middle section	S	LB
15. Step left foot to South(CCW) into a left back stance facing North right double outer forearm block to North middle section	N	LB
16. Step the right foot South into a right back stance facing North (CW) left scooping block to North middle section	N	RB
17. Step left foot South (CCW) into a left back stance facing North, right knife hand strike to North middle section	N	LB
18. Step left foot South into a left front stance facing South X-block to South, low section	S	LF
19. Right #2 knee strike to South middle section (Pulling both hands down)	S	LF KIHAP
20. Step right foot to South into a right back stance facing North left double knife hand block to North.	N	RB
21. Pivot on left foot 180° (CCW) and slide into a right back stance facing South right back elbow strike to North middle section	S	RB
22. Pivot left foot 180° (CW) into a left back stance facing North right double knife hand block to North	N	LB
23. Right #1 side kick to North middle section	N	LB
24. Step right foot North into a right rear stance facing South twin palm pressing block to South low section	S	RR
25. Step the right foot into a right front stance facing South right high block to South and immediately a right supported inner forearm cross block to South	S	RF
26. Step left foot North (CCW) into a right back stance facing North left spear hand strike to North high section	N	RB
27. Step left foot into a left front stance facing North X-strike to North to the neck	N	LF

28. Maintaining hand position right #2 front kick to North low section	N	RF
29. Step right foot into a left front stance facing South (CCW) right tension back elbow strike to North middle section. (Supporting right fist with left hand)	S	LF
30. Step left foot into a right back stance facing South left upset ridge hand block to South middle section	S	RB
31. No step, right punch to South into left palm	S	RB
32. Pivot on left foot 180° (CCW) and step right foot into a left back stance facing South right upset ridge hand block to South middle section	S	LB
33. No step left punch to South into right palm.	S	LB
34. Step left foot North (CCW) into a right back stance facing North left knife hand strike to North middle section	N	RB
35. Step left foot in to a left front stance facing North right upward elbow strike to North high section (Striking left palm with right inside elbow)	N	LF
36. Pivot on left foot and step into a left back stance right knife hand strike to North middle section	N	LB
37. Step into a right front stance facing North left upward elbow strike to North high section (Striking right palm with left inside elbow)	N	RF
38. Step the left foot South (CCW) in to a right back stance left double ridge hand block to South low section	S	RB
39. Step into a left front stance facing South right 9-block to South	S	LF
40. Pivot on left foot 180° (CCW) stepping right foot into a left back stance facing South right double ridge hand block to South low section	S	LB
41. Step right foot into a right front stance facing South left 9-block	S	RF
42. Step back with right foot to North into a left front stance facing South twin horizontal knife hand strike to West and East middle section	S	LF
43. No step right reverse arc-hand strike to South high section	S	LF
44. Maintaining hand position right #2 front kick to South middle section	S	RF
45. Step right foot into a right front stance facing South left reverse arc-hand strike to South high section.	S	RF
46. Maintain hand position left #2 front kick to South middle section	S	LF
47. Step left foot into a left front stance facing South right reverse punch to South middle section	S	LF
48. No step left punch to West middle section (Perform 47 & 48 in fast motion)	S	LF
49. Step right foot to left into a closed stance facing South twin tension circular punch to south high section	S	CS
50. Pivot on right foot (CCW) and step left foot into a left front stance facing West left knife hand low block to West low section	N	LF
51. No step right reverse palm heel strike to West high section	N	LF
52. Pivot on left foot (CW) and step right foot into a right front stance facing East right knife hand low block to South low section	E	RF
53. No step left reverse palm heel strike to Ease high section	E	RF KIHAP!

