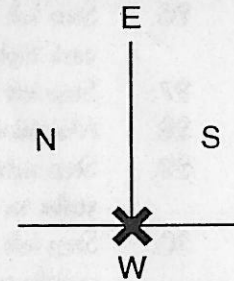


Choong-Jang - 3rd Degree Black Belt

1. The pattern for Third Degree Black Belt contains 53 movements.

History of 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.



2. Choong-Jang Hyung – Closed Stance, A-Section (Facing East)

1. Step right foot south into middle stance facing east, **left low block**; **right inner forearm block**, combination to east. **KIHAP!**
2. No step, **right low block**; **left inner forearm block**, combination to east.
3. Step right foot to left into a closed stance facing east, **left tension horizontal punch** to south, middle section.
4. Step into a left front stance, **right reverse double spear-finger** to east, high section.
5. Step into a right front stance, **left reverse double spear-finger** to east, high section.
6. No step, **right supported backfist** to east, high section.
7. Step into a left front stance, **left high block** to east, high section.
8. Step into a right front stance, **right punch** to east, middle section. **KIHAP!**
9. Pivot on left foot 360° (counter-clockwise) stepping right foot into a right back stance facing east, **left double outer forearm block** to east, middle section.
10. Maintaining hand position, **right #2 front kick** to east, low section.
11. Step right foot into a right front stance, **right horizontal spearhand strike** to east, high section.
12. Drop to left knee, **right side kick** to east, high section.
(Support body with both hands and left knee)
13. Lower right foot to east (~~left hand on floor~~), **right punch** to east, high section. *left reverse*
14. Pivoting on right foot (clockwise), bring left foot to east into a left back stance facing west, **left back elbow strike** to east, middle section.
15. Step left foot to west (~~clockwise~~), into a left back stance facing east, **right double outer forearm block** to east, middle section. *counter*
16. Step the right foot west into a right back stance facing east (clockwise), **left scooping block** to east, middle section.
17. Step left foot west, (counter-clockwise) into a left back stance facing east, **right knifehand strike** to east, middle section.
18. Step left foot west into a left front stance facing west, **X-block** to west, low section.
19. **Right #2 knee strike** to west, middle section. (Pulling both hands down) **KIHAP!**
20. Step right foot to west into a right back stance facing east, **left double knifehand block** to east.
21. Pivot on left foot 180° (counter-clockwise) and slide into a right back stance facing west, **right back elbow strike** to east, middle section.
22. Pivot left foot 180° (clockwise) into a left back stance facing east, **right double knifehand block** to east.
23. **Right #1 side kick** to east, middle section.
24. Step right foot east into a right rear stance facing west, **twin palm pressing block** to west, low section.

25. Step the right foot into a right front stance facing west, **right high block** to west, and immediately a **right supported inner forearm cross block**, to west.
26. Step left foot east (counter-clockwise) into a right back stance facing east, **left spearhand strike** to east, high section.
27. Step left foot into a left front stance facing east, **X-strike** to east, to the neck.
28. Maintaining hand position, **right #2 front kick** to east, low section.
29. Step right foot into a left front stance facing west (counter-clockwise), **right tension back elbow strike** to east, middle section. (Supporting right fist with left hand)
30. Step left foot into a right back stance facing west, **left upset ridgehand block** to west, middle section.
31. No step, **right punch** to west, into left palm.
32. Pivot on left foot 180° (counter-clockwise) and step right foot into a left back stance facing west, **right upset ridgehand block** to west, middle section.
33. No step, **left punch** to west, into right palm.
34. Step left foot east (counter-clockwise) into a right back stance facing east, **left knifehand strike** to east, middle section.
35. Step left foot into a left front stance facing east, **right upward elbow strike** to east, high section. (Striking left palm with right inside elbow)
36. Pivot on left foot and step into a left back stance, **right knifehand strike** to east, middle section.
37. Step into a right front stance facing east, **left upward elbow strike** to east, high section. (Striking right palm with left inside elbow)
38. Step the left foot west (counter-clockwise) into a right back stance, **left double ridgehand block** to west, low section.
39. Step into a left front stance facing west, **right 9-block** to west.
40. Pivot on left foot 180° (counter-clockwise), stepping right foot into a left back stance facing west, **right double ridgehand block** to west, low section.
41. Step right foot into a right front stance facing west, **left 9-block** to west.
42. Step back with right foot to east into a left front stance facing west, **twin horizontal knifehand strike** to north and south, middle section.
43. No step, **right reverse arc-hand strike** to west, high section.
44. Maintaining hand position, **right #2 front kick** to west, middle section.
45. Step right foot into a right front stance facing west, **left reverse arc-hand strike** to west, high section.
46. Maintaining hand position, **left #2 front kick** to west, middle section.
47. Step left foot into a left front stance facing west, **right reverse punch** to west, middle section.
48. No step, left punch to west, middle section. (Perform 47 & 48 in fast motion)
49. Step right foot to left into a closed stance facing west, **twin tension circular punch** to west, high section.
50. Pivot on right foot (counter-clockwise) and step left foot into a left front stance facing north, **left knifehand low block** to north, low section.
51. No step, **right reverse palm heel strike** to north, high section.
52. Pivot on left foot (clockwise) and step right foot into a right front stance facing south, **right knifehand low block** to south, low section.
53. No step, **left reverse palm heel strike** to ~~north~~, high section. **KIHAP!**

SOUTH

Baroh: Right foot returns to Closed Stance, A-Section