

Martial Arts Carolina
Form and Rank Requirement Sheet

Choong-Moo: 30 movements

History: Choong-Moo was the name given to the admiral Yi Soon-Sin of the Lee dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Form:

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Turn CCW knifehand square block KIHAP	W	RB
2. Step left knifehand high block and simultaneous right upset knifehand strike	W	RF
3. Turn CW double knifehand block	E	LB
4. Step left reinforced spear hand (low)	E	LF
5. Slide right foot to back stance, double knifehand block	N	RB
6. Turn to face S, double outer forearm block	S	
7. Right #1 side kick (mid section)	S	
8. Turn to face N, double knifehand block	N	RB
9. 2-step right jump sidekick	N	
10. Land in double knifehand block KIHAP	N	LB
11. Turn CCW 270° left low block	E	RB
12. Shift to front stance head grab, right knee strike	E	
13. Set foot down in closed stance turn CCW right reinforced ridgehand strike	W	RF
14. Right #2 round kick	W	LB
15. Left reverse sidekick	W	
16. Set foot down to double knifehand block	E	LB <i>Halfway</i>
17. Left #2 round kick to NE angle		
18. Pole block	S	LB
19. Jump turn CCW 360° double knifehand block KIHAP	S	LB
20. Step right upset groin strike	S	LF
21. Step back, side right high/low inner forearm block	S	RB
22. Step right vertical reinforced spearhand strike	S	RF
23. Turn CCW 270° double inner forearm block	W	LF
24. Step right foot CCW right upset hammerfist	S	M
25. No step right backfist toward W	S	M
26. Turn CCW right #2 sidekick	E	LB
28. Left #2 sidekick	E	
29. Set foot down to middle X-block	W	LB
30. Step twin upset palmheel strikes	W	LF
31. Turn CW right high block	W	RF
32. No step, left reverse punch KIHAP	W	RF

Right foot returns to ready position

Signature Techniques: Jump 1 - 4 Front, Side, and Round Kicks, Jump Rev. Side Kick, and Jump Spin & Reverse Crescent & Hook Kicks.

Self Defense Techniques (hands up touching cheeks, triangle, or at ears): Rotation 1: 2 circle wrist grab break away, Wrist Lock from wrist grabs, and Sweep From Mount (shutdown 1 arm...1 leg...and hip (oompah) heist.). Rotation 2: Escape From Bear Hug, Armbar from wrist grabs, and Hip Throw. ADULTS: Weapon Disarming...see Hwa-Rang Form Sheet.