

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.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Turn CCW knife-hand square block KIHAP	W	RB
2. Step left knife-hand high block and simultaneous right upset knife-hand strike	W	RF
3. Turn CW double knife-hand block	E	LB
4. Step left reinforced spear hand (low)	E	LF
5. Slide right foot to back stance, double knife-hand 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 knife-hand block	N	RB
9. 2-step right jump sidekick	N	
10. Land in double knife-hand 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 ridge-hand strike	W	RF
14. Right #2 round kick	W	LB
15. Left reverse sidekick	W	
16. Set foot down to double knife-hand block	E	LB
17. Left #2 round kick to NE angle		
18. Pole block	S	LB
19. Jump turn CCW 360° double knife-hand 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 spear hand 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

Form Related & Cumulative Self Defense Combos and Jump Kicks:

(1a) SD: Break away and strike from same side wrist grab (ex. Joong-Gun moves #14 & 15).

(1b) SD: Arm bar and wrist lock from cross side grab.

(1c) SD: Sweep from mount.

(1d) JK: #3 Front

(1e) JK: #3 Crescent

Choong-Moo (cont.)

(1f) JK: #4 Side

(2a) SD: Escape from Bear Hug

(2b) SD: Sprawl

(2c) SD: Finger lock

(2d) JK: #3 Round

(2e) JK: #3 Side

(2f) JK: #4 Side

Adult Junior Black Belt Weapon Disarm Self-Defenses

(1a) WSD: Gun High – Roll back.

(1b) WSD: G Middle – Side roll back.

(1c) WSD: G Back – Turn right, under-hook, secure, and roll back.

(1d) WSD: Stick Forehand – Thai block, strike, strip or take-down.

(1e) WSD: S Backhand – Thai block, strike, armpit secure or lock & strip.

** If primary technique fails, then “natural progression” is to palm heel face for balance disruption.

(2a) WSD: S Overhand – Pass, strike, and into hammer lock.

(2b) WSD: Knife Forehand – Pass, secure, strike (knee) and wrist lock.

(2c) WSD: K Backhand & thrust – Circular X block, secure, strike (knee) and wrist lock

(2d) WSD: K Ice pick – Circular X block or pass, secure, strike (knee) and wrist lock or center lock.

** If primary technique fails, then “natural progression” is to palm heel face for balance disruption.

