

Choong-Jang (52 MOVEMENTS)

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. The pattern ends in a left-hand attack to symbolise the tragedy of his death, in prison at the age of 27, before he reached full maturity.

Begin: Closed Ready Stance A

	Technique	Section	Stance	Direction
1.	Slide the right foot, mid block with right arm low block with left arm	Mid Low	S	Right
2.	Mid block with left arm Low block with right arm	Mid Low	---	
3.	Bring right foot to left, left angle punch	Mid	C	
4.	Step forward with left foot, right double finger thrust	High	W	Forward
5.	Step forward with right foot, left double finger thrust	High	W	Forward
6.	Front back-fist with right hand, placing left fist under right elbow	High	---	
7.	Step forward with left foot, left arm rising block	High	W	Forward
8.	Step forward with right foot, punch with right fist	Mid	W	Forward
9.	Pivoting on left foot, turn anti-clockwise. Guarding block to front	Mid	L	360 degrees
10.	Front snap kick with right foot	Low	---	Forward
11.	Drop foot forward, flat finger-tip thrust with right hand	High	W	Forward
12.	Drop down to your left knee and both hands, turning kick with right foot			
13.	Lower right foot, cross the left arm over the right pressing the floor with left palm then punch with right fist			
14.	As you rise, pivot on right foot, move the left clockwise, double back elbow	Mid	L	180 degrees
15.	Move left foot clockwise, guarding block	Mid	L	180 degrees
16.	Step back with right foot, scooping block left palm		L	
17.	Step back with left foot, knife-hand strike right hand	Mid	L	

18.	Pivoting on right foot, turn anti-clockwise to back, X-fist pressing block	Low	W	
19.	Right knee upward strike, drawing both fists back	Low		
20.	Drop the right foot to the back, turn body anti-clockwise to front, knife-hand guarding block	Mid	L	180 degrees
21.	Step forward with right foot, right side elbow to front		L	
22.	Pivot on left foot, knife-hand guarding block to front	Mid	L	
23.	Side piercing kick right foot, pulling fists in opposite direction	Mid		
24.	Drop right foot forward, turn to back anti-clockwise, draw in left foot, twin palm heel pressing block to back	Low	RFS	180 degrees
25.	Step forward with right foot, inward forearm block then side back-fist with right arm	High	W	
26.	Pivoting on right foot, turn anti-clockwise to front, flat finger-tip thrust with left hand	High	L	
27.	Place your right hand on back of left, front snap kick with right foot drawing back the hands	Low		
28.	Pivoting on the left foot, lower right foot forward turning the body to face the back. Draw both fists to right hip performing right back elbow thrust	Mid	W	SLOW
29.	Raise the left foot and STAMP, left back-hand downward strike	Mid	L	Stamping
30.	Punch left palm with the right fist	Mid	L	
31.	Step forward with the right foot STAMPING, right back-hand downward strike	Mid	L	Stamping
32.	Punch right palm with the left fist	Mid	L	
33.	Pivoting on right foot turn anti-clockwise to front, left knife-hand strike	Mid	L	Stamping 180 degrees
34.	Slip left foot. Right front back-fist, striking the right elbow with left palm	High	W	
35.	Step forward with the right foot, STAMPING. Knife-hand strike with right hand	Mid	L	Stamping
36.	Slip right foot. Left front back-fist, striking the left elbow with the right palm	High	W	

37.	Pivot on the right foot anti-clockwise to the back. Low reverse knife-hand guarding block	Low	L	180 degrees
38.	Slip the left foot, 9 shaped block		W	
39.	Step forward with right foot, low reverse knife-hand block	Low	L	
40.	Slip the right foot, 9 shaped block		W	
41.	Step back with the right foot, knife-hand strike to both sides simultaneously	Mid	W	
42.	Putting left arm forward and then drawing back, at the same time right arc-hand strike	High		
43.	Keeping position of the hands, right front snap kick	Mid		
44.	Lower right foot forward, left arc-hand strike	High	W	
45.	Keeping position of the hands, left front snap kick	Mid		
46.	Lower left foot forward, reverse punch right fist	Mid	W	TOGETHER FAST
47.	Punch left fist	Mid		
48.	Bring right foot up to left. Crescent punch with both Fore-knuckles (to opponents temples)	High	C	
49.	Pivot on the right foot, move left foot anti- clockwise, low knife-hand block with left hand	Low	W	270degrees
50.	Right palm heel strike	High		
51.	Draw the left foot across to right, turn body clockwise. Low knife-hand block with the right hand	Low	W	180 degrees
52.	Left palm heel strike	High		

END: Bring the left foot back to closed ready stance A