

Choong Moo (30 MOVEMENTS)

Choong Moo was the name given to the Yi Dynasty admiral Yi Sun-Sin. In A.D.1592, he was reputed to have invented the worlds first armoured battleship (Kobukson), which is said to be the precursor of todays submarine. The pattern ends with a left handed attack is to symbolise his regrettable death. He was noted for his unrestrained loyalty to the king.

Begin: Parallel Ready Stance

Technique	Section	Stance	Direction
1. Twin knife-hand block	High/Mid	L	Left 90degrees
2. Guard/Knife-hand inward strike	High	W	Forward
3. Knife-hand guarding block	Mid	L	Right 180deg.
4. Flat fingertip thrust, left hand	High	W	Forward
5. Knife-hand guarding block	Mid	L	Left 90deg.
6. Forearm guarding block	-----	BRS	Right 180deg.
7. Side piercing kick, right leg	Mid	----	-----
8. Knife-hand guarding block	Mid	L	Left 180deg.
9. Flying side piercing kick, right leg	High	----	Forward
Knife-hand guarding block	Mid	L	-----
10. Left arm low block	Low	L	Left 270deg.
11. Grab (opponents head)	High	W	-----
12. Knee upward kick, right leg	Mid	----	-----
13. Reverse knife-hand inward strike, right hand	High	W	Left 180deg.
14. Turning kick (FAST), right leg	High	----	Forward
15. Back-side kick (FAST), left leg	Mid	----	Forward
16. Forearm guarding block	Mid	L	Right 180deg.
17. Turning kick, left leg	Mid	----	To 45deg. Left
18. U shaped block	High/Mid	F	Right 135deg.
19. Jump turning 360deg.	-----	----	Left 360deg.
Land knife-hand guarding block	Mid	L	-----
20. Upset finger-tip thrust, right hand	Low	W	Forward
21. Back fist strike, right hand	High	L	Backward
Same time low block, left arm	Low	L	Forward
22. Straight finger-tip thrust right hand	Mid	W	Forward
23. Double forearm block	High	W	Left 270deg.
24. Outer forearm front block, right hand	Mid	S	Left 90deg.
Back fist side strike, right hand	High	S	-----
25. Side piercing kick, right leg	Mid	----	Left 90deg.
26. Side piercing kick, left leg	Mid	----	Forward
27. Land, X knife-hand checking block	Mid	L	Right 135deg.
28. Twin palm upward block	Mid	W	Forward
29. Rising block, right hand	High	W	Right 180deg.
30. Reverse punch, left hand	Middle	W	-----