










Pattern Choong-Moo

Choong-Moo was the name given to the great Admiral Yi Soon-sin of the Yi dynasty. He was reputed to have invented the first armoured battleship (kobukson) in 1592AD, which is said to be the precursor of the present day submarine. This pattern ends with a left hand attack to symbolize his regrettable death. (30 movements).

Starting position	1.Turn left, step left foot forwards	2.step R foot forwards (WS)
ready stance	L stance	R high knife hand front strike
chunbi sogi	twin knife-hand block	and L knife hand rising block
		
3.turn 180 degrees pivoting on L foot	4.step R foot forwards	5.turn 90 degrees pivoting on R foot
L stance	walking stance	L stance
knife hand guarding block	high flat fingertip thrust	knife hand guarding block
		

6.turn to face behind you	7.middle side kick	8.lower R leg into
bending ready stance	right leg	L stance
lift right leg		knife hand guarding block
		
9.R flying side kick	10.turn anticlockwise 90 degrees	11.step L foot forwards
landing R leg forwards (LS)	pivoting on R leg	walking stance
knife hand guarding block	L low outerforearm block (LS)	double grab high section
		
12.R upward knee strike	13.lower R foot (WS)	14.R turning kick
pull both hands down	R high inside knife hand strike	high section
	L hand under R elbow joint	lower L foot to R foot
		

15.L foot reverse side kick	16.turn 180 degrees clockwise	17.L middle turning kick
middle section	L stance right leg forward	at 45 degree angle
	forearm guarding block	lower L foot to R foot
		
18.move R foot forward	19.Jump spin anticlockwise	20.step L foot forwards
fixed stance	land on same spot (LS)	walking stance
U shaped block	knife hand guarding block	R low upset fingertip thrust
		
21.pull L foot back slightly	22.step R foot forwards	23.turn 90 degrees anticlockwise
R back fist strike (LS)	walking stance	pivot on R foot (WS)
and L low block	R middle fingertip thrust	high double forearm block
		

24.move R foot into sitting stance	24.followed by R high back fist side strike	25.turn 180 degrees anticlockwise middle R side kick
R middle inner forearm block	performed continuously	bring R leg back to L leg
		
26.turn clockwise L middle side kick	27.lower L foot L stance	28.step L foot forwards walking stance
	X-knife hand checking block	twin palm upward block
		
29.step left foot across turn 180 degrees (WS)	30.don't step walking stance	move left foot back to ready stance
R rising block	L middle reverse punch	chunbi sogi
		