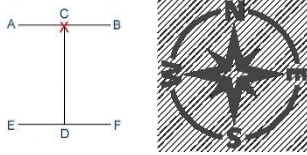


# Choong-Moo

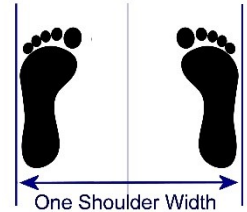


CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death. The pattern ends with a left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential, checked by the forced reservation of his loyalty to the king.

**Number of Movements:** 30

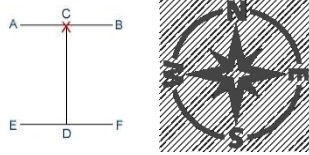
**Ready Posture - *Parallel Ready Stance* (Narani Junbi Sogi) facing *South* (D)**

- In Parallel ready stance, feet are positioned one shoulder width from the outside of one foot to the outside of the other; the feet are parallel with the toes pointing only slightly inwards

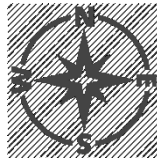
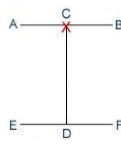


1) Move the left foot to *East* forming a *half facing Right L-Stance* while executing a *Twin Knife-hand block*.

- Official ITF instructions: "1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block."
- To chamber, cross wrists with both palms up at solar plexus height; pivot 15 degrees counter-clockwise on the right foot and turn half-facing while shifting your weight onto the right leg while retracting the left foot halfway to the right foot
- The palm of the right knife-hand should finish at about a 45 degree angle from the head
- The L-Stance is one and a half shoulder widths in length from the toes of the front foot to the foot sword of the rear foot, forming almost a right angle, or 'L'; Feet are pointed 15 degrees inwards placing the front heel beyond the heel of the rear foot by approximately 1 inch. The rear leg is bent until the knee cap forms a vertical line with the toes and the front leg is bent proportionally; The body weight is distributed with 70% on the back leg and 30% on the front and is half-facing

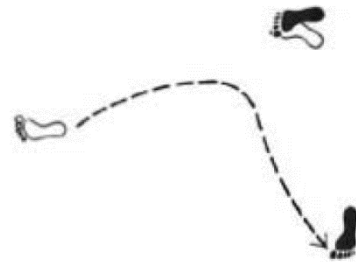


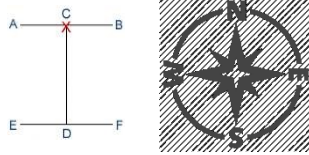
- 2) Move the right foot to forming a **full-facing Right Walking Stance** while executing a **High Front Strike** to the **East** with the **Right Knife-hand** and bring the **Left Back Hand** in front of the forehead, palm facing forward.
- Official ITF instructions: "2. Move the right foot to B, forming a Right Walking Stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead."
  - From the encyclopedia, volume 10, page 206:  
**Walking Stance High Knife Strike (Gunnun So Sonkal Nopunde Ap Taerigi)**  
"1. The fingertip reaches the eye level of the attacker. 2. The body becomes full facing the opponent. 3. The knife-hand must stay at the center of the attacker's body."
  - Encyclopedia 6<sup>th</sup> ed., vol. 3, p.115: **Striking Techniques (Taerigi)**  
"The striking is classified into side, front, inward, outward, side front, side rear, downward and elbow strikes."
  - Encyclopedia 6<sup>th</sup> ed., vol. 3, pp.146: **Front Strikes (Ap Taerigi)**  
"When the body is full facing the target and the attacking tool remains at the center of the attacker's body at the moment of impact, it is called a front strike. The back fist, knife-hand, and reverse knife-hand are chiefly used with this technique."
  - Encyclopedia 6<sup>th</sup> ed., vol. 3, pp.150: **Front Strike Reverse Knife Hand**  
"...Bring the opposite hand, either under or on the elbow joint at the moment of impact and be sure to attack the target from the side front so that the reverse knife-hand stays at the center of the attacker's own body."
  - For the chamber, as you reach the apex of the sine wave, bring each hand outside each shoulder at shoulder height so that both hands generate power during the strike
  - When finished, the right hand's strike is to the opponent's neck and the left knife hand a few inches above your forehead
- 3) Withdraw your right foot to your left as you pivot clockwise on the left foot to turn 180 degrees, then step forward with the right foot to form **half-facing Left L-Stance** toward **West** while executing a **Middle Guarding Block** with **knife-hands**.
- Official ITF instructions: "3. Move the right foot to A turning clockwise to form a Left L-Stance toward A while executing a Middle Guarding Block to A with a knife-hand."
  - Encyclopedia Vol 3, p. 290: "**Guarding Block (Daebi Makgi)**  
1. Keep the blocking tool half-facing the target at the moment of impact  
2. Bring the opposite knife-hand or side fist in front of chest 3 centimeters from the body.  
3. Keep body half facing at all times."
  - When chambering, make sure not to turn your face away from the opponent in front of you; also, do not bring the rear foot in front of and across the front foot – the rear foot needs only to move in a straight line
  - When chambering, bring forearms to head-level at a 45 degree angle
  - When finished, the lead knife-hand should be at shoulder height



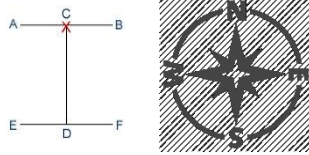
- 4) Move the left foot forward to form a **full-facing Left Walking Stance** toward the **West** while executing a **High Thrust** with the **Left Flat Fingertip**.
- Official ITF instructions: "4. Move the left foot to A forming a left walking stance toward A while executing a full facing high thrust to A with the left flat finger tip."
  - From the encyclopedia, volume 3, p.83: **Thrusting Technique** (Tulgi)  
"The fingertip and elbows are the principal tools for this technique... This (fingertip thrust technique) is executed almost in the same manner as that of the fore fist, except that the attacking tool does not have to be drawn from the hip."
  - The thrust is high so should target the opponent's eye-level
  - "Flat" fingertip thrusts have the palm facing down whereas "Straight" fingertip thrusts orient the hand with the palm to the side and the thumb on top
- 5) Pull the front foot back almost to the rear foot while pivoting 90 degrees counter-clockwise on the rear foot and then form a **half-facing Right L-Stance** toward the **South** while executing a **Middle Guarding Block** with **Knife-hands**.

- Official ITF instructions: "5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand."
- When starting the turn, make sure to dip into the sine wave such that you are at the bottom of the wave when your left foot comes closest to the right so the rise and fall in the sine wave is done while facing South



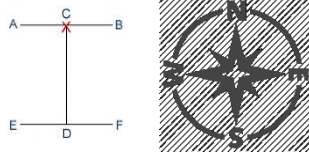


- 6) Shift your weight onto your left foot as you turn 180 clockwise to **North** and form a **Left Bending Ready Stance A**.
- Official ITF instructions: "6. Turn the face to C forming a Left Bending Ready Stance A toward C."
  - Bending Ready Stance is classified into two types: A and B
  - With Bending Ready Stance A, the sole of the non-standing foot is brought close to the knee of the standing leg, which is slightly bent, without actually touching the knee. The hands are forming an outer forearm guarding block with the wrist of the lead arm pointed down and the wrist of the rear arm pointed up
  - To chamber, shift your weight onto the left foot as you turn half-facing to the North and draw your right foot close to the left leg while you bring your loosely-clenched fists to head level at a 45 degree angle. The ball of your right foot is lightly touching the ground near your left leg when the chamber is complete
  - The sine wave does not start until the feet have been brought together
  - To execute, snap both hands forward while your right foot snaps upward to the knee of the left leg; emphasize the "snap"
  - When finished, you are *half-facing* with the knee pointed at a 45 degree angle (North-West), with that your arms and face directed towards North; the angle of the shin should match the angle of the lead arm
- 7) Execute a **Middle Side Piercing Kick** to the **North** with the **Right Foot**.
- Official ITF instructions: "7. Execute a Middle Side Piercing Kick to C with the right foot."
  - From the encyclopedia, 1999 5th ed., p.254: **Side Piercing Kick (Yopcha Jirugi)**  
 "...The attacking tool must reach the target in a straight line with a revolving motion... Keep the toes of the kicking foot faced slightly downward and the toes of the stationary foot pointing about 75 degrees outward at the moment of impact... For maximum height, lean the body away from the kick as far as possible while still maintaining the balance... The stationary foot pivots allowing the hip to rotate with the kick."
  - From the encyclopedia, 1999 5th ed., p.252: **Middle Kick (Kaunde Chagi)**  
 "If the attacking tool reaches the same level of the attacker's shoulder at the moment of impact, it is called a middle kick."
  - To chamber, raise your knee in front of your solar plexus as you pivot the left foot so that the heel of the right foot points towards the target
  - When kicking, the hips should stay over the supporting leg and the shoulders, hips, lead elbow, and the kicking foot should be in line. Make sure to pivot on your supporting foot so that its heel points towards the target
  - It is a common mistake to rotate the hips too much
  - Since the next movement instructs us to lower the foot, you should keep the kick extended rather than withdraw the leg



- 8) Lower the right foot to the **North** and tur your upper body to form a **half facing Right L-Stance** toward the **South** while executing a **Middle Guarding Block** with **knife-hands**.
- Official ITF instructions: "8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand."
  - Note that there is no stepping here, only lowering the right foot and pivoting on the left foot
  - When lowering the foot, lower it to the right foot to demonstrate your balance as you change your facing and chamber your hands; then move your right foot backward to form the L-Stance.
  - When chambering the guarding block, bring hands above and to the side of the head at a 45 degree angle
  - When finished, the fingers of the knife-hand are at shoulder height and elbows are tucked in close to the body but not touching
- 9) Step forward with the right foot and then execute a **Flying Side Piercing Kick** with the **Right Foot** and land in a **half facing Left L-Stance** while executing a **Middle Knife-hand Guarding Block**
- Official ITF instructions: "9. Execute a flying side piercing kick to D with the right foot in a double motion, and then land to D, forming a Left L-Stance toward D while executing a Middle Guarding Block to D with a knife-hand."
  - Condensed Encyclopedia 5<sup>th</sup> ed., p.547: **Pattern Choong-Moo**  
"Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand."
  - From the encyclopedia, volume 10, page 207:  
**Flying Side Piercing Kick (Twimyo Yopcha Jirugi)**  
"The foot should be slightly lower than the attacker's hip."
  - Encyclopedia 6<sup>th</sup> ed., vol. 4, p.109: **Flying Kick (Twimyo Chagi)**  
"A flying kick is performed with either one motion from the spot or several motions while running; the former is the most practical at a closest distance, the latter at further distances. The following principles must be observed with all flying kick. 1. The kick must be executed when the body reaches the apex of the jump. 2. With few exceptions, the back must be straight at the moment of impact. 3. The non-kicking foot must be tucked and not drooped at the moment of impact. 4. Immediately after kicking, resume a good posture and balance. 5. Proper stance must be regained at the moment of landing."
  - Encyclopedia 6<sup>th</sup> ed., vol. 4, p.118: **Flying Side Piercing Kick (Twimyo Yopcha Jirugi)**  
"The principles of the technique are exactly the same as those of the side piercing kick except the flying motion. The following constants apply. 1. The instance the attacking leg straightens out the supporting leg should be tucked sharply while bending the ankle backward. 2. Bring the knee of the attacking leg to the chest immediately after contact to prepare a correct and balanced landing."





- When you take the first step, the toes should be pointed towards South and it should not travel much past the hip; by positioning the foot nearly under the hip, you can better drive *upwards* giving you more height and more time to execute the kick itself
- To execute the jump, raise your left knee first to help provide upward momentum
- When you jump off the right foot, make sure to turn your hips counter-clockwise so that, at the time of the strike, your hips are angled to left
- The kick is a middle kick, which, when jumping should be at level of the attacker's hip although at a slight downward angle
- When you land, land on the left foot with the right foot hanging below a bent knee; don't go immediately into the next technique; instead, pause to demonstrate your balance and to allow a full sine wave to the next technique

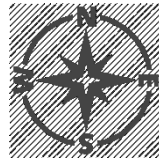
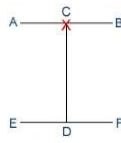
10) Move the left foot to **West** by pivoting 270 degrees counter clockwise on the right foot to form a **Right L-Stance** toward **East** the same time executing a **half facing Low Block** to **West** with the left forearm.

- Official ITF instructions: "10. Move the left foot to E turning counter clockwise to form a **Right L-Stance** toward E at the same time executing a **Low Block** to E with the left forearm."
- To chamber, shift all of your weight onto the front foot as you descend into the start of the sine wave. Once your right hip is over your right foot, rise on that leg while you pivot on that foot in a "corkscrew" motion
- When chambering during the spin, make sure to cross your arms and extend them in front of the solar plexus so that both hands have a similar distance to travel during the strike
- When the chamber is complete, you should be half-facing to the West with your rear foot at a 15 degree angle



11) Slide the left foot forward as you pivot on your right foot and extend both hands upward as if to grab the opponent's head while forming a **full facing Left Walking Stance** toward **West**.

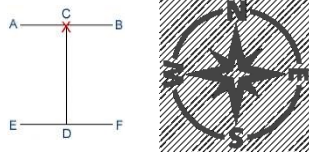
- Official ITF instructions: "11. Extend both hands upward as if to grab the opponent's head while forming a **Left Walking Stance** toward E, slipping the left foot."
- Note that the left (lead) foot needs to slide forward and left to form the walking stance
- When finished, the elbows should be slightly bent and the thumbs open



12) Execute an **Upward Kick** to the **West** with the **Right Knee** while pulling both hands downward.

- Official ITF instructions: "12. Execute a full facing Upward Kick to E with the right knee pulling both hands downward."
- Encyclopedia 6<sup>th</sup> ed., vol. 4, p.109: **Upward Kick (Ollyo Chagi)**  
"This technique is used in attacking the solar plexus or chest at close range. Be sure to pull down the opponents head or shoulder with both hands while kicking."
- When executing, try to make the knee's movement start and end at the same time as the hands
- When finished, the thigh of the striking leg should be parallel to the floor and the hands several inches above the knee – do not lower the striking foot to the floor as that is done in the next movement





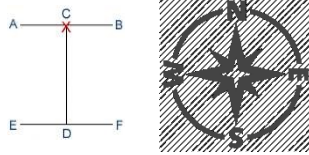
13) Lower the right foot next to the left foot and then turn 180 degrees counter-clockwise and form a **full facing Left Walking Stance** to the **East** while executing a **High Reverse Knife-hand Strike**, bringing the left knife-hand under the right elbow.

- Official ITF instructions: "13. Lower the right foot to the left foot and then move the left foot to F forming a Left Walking Stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint."
- From the encyclopedia, volume 10, page 209: "1. The reverse knife-hand reaches the same level as the philtrum of the attacker. 2. The body becomes full facing the opponent. 3. The reverse knife-hand must stay at the center of the attacker's body."
- To chamber: lowering the leg from the previous technique and place it next to the left foot then shift your weight to the right foot and bend your knees to begin the sine wave; bring your hands together as if you were reading a book; as you rise into the sine wave, part your hands wider than shoulder-width at shoulder height; this puts the right hand, palm up, behind you when to start the turn
- With a reverse knife-hand, make sure to tuck the thumb under the palm
- When turning, make sure to use the hip to provide additional power
- When finished, the reverse knife-hand strike will be at the height of the opponent's upper lip and the thumb is tucked in
- The combination of the two hand techniques uses the left hand to push down the opponent's guard so that the reverse knife-hand can strike

14) Execute a **High Turning Kick** at a 45 degree angle using the **right foot** and then lower it to the left foot.

- Official ITF instructions: "14. Execute a High Turning Kick to DF with the right foot and then lower it to the left foot"
- From the encyclopedia, p.268: **Turning Kick** (Dollyo Chagi)  
"The hip must swing forward to enable the foot to reach the target in an arc... The ball of the foot must be vertical at the moment of impact... The foot must have reached the apex of the kick shortly before contact so the toes are pointed slightly downward at the instant of contact... The arms must be kept within sight while kicking."
- From the encyclopedia, volume 10, p.118: **High Turning Kick** (Nopunde Dollyo Chagi)  
"The attacking tool reaches the eye level of the attacker."
- The kick should be at a 45 degree angle to the right and at the attacker's eye level
- When executing the turning kick, pull the hand of the extended arm to the chest as a way of providing a dividing motion; make sure to bring the bent knee above belt-level before whipping out the lower leg for the strike
- When finishing the turning kick, make sure to lower your right foot next to your left foot before starting the next movement





15) Execute a **Middle Back Piercing Kick** to F with the **left foot**. Perform 14 and 15 in a fast motion.

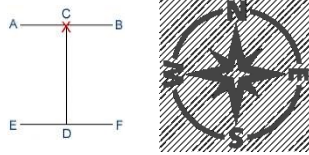
- Official ITF instructions: "15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion"
- From the encyclopedia, volume 10, page 210: "1. The foot reaches the same level as the shoulder of the attacker. 2. Keep toes of the stationary foot pointed to the front. 3. Footsword is the attacking tool."
- To strike, first complete the turn and even turn the left shoulder a bit more so that the dividing motion with the left arm is more powerful; keep your shoulders parallel to the floor and look over the shoulder on the side where you execute the kick - don't turn your shoulder because then you will have the shoulder position for a side kick
- When striking, make sure to use the left arm in a dividing motion to add power to the kick and to maintain balance
- When you land, don't go immediately into the next technique; instead, pause to demonstrate your balance and to allow a full sine wave to the next technique

16) Lower the left foot to form a **half facing Left L-Stance** while executing a **Middle Forearm Guarding Block** to the **West**.

- Official ITF instructions: "16. Lower the left foot to F, forming a **Left L-Stance** toward E while executing a **Middle Guarding Block** to E with the forearm."
- The previously-executed back kick finishes facing E so there is no need to turn
- Although the right foot pivots slightly, it stays in place and it is the left foot that lands behind to form the L-stance

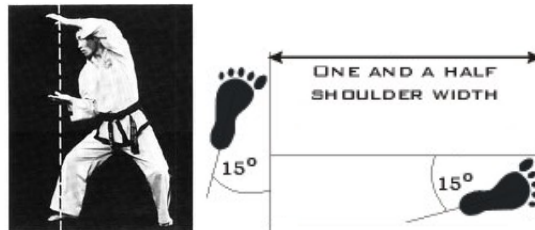
17) Execute a **Middle Turning Kick** with the **Left Foot** at a 45 degree angle.

- Official ITF instructions: "17. Execute a Middle Turning Kick to DE with the left foot."
- A middle turning kick should strike at the height of the attacker's shoulder
- This kick is the "mirror" to the turning kick in 14) although at different heights



18) Lower the left foot to the right foot and then form a **half facing Right Fixed Stance** toward **North** while executing a **U-Shaped Block**.

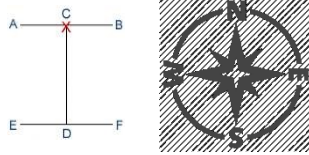
- Official ITF instructions: "18. Lower the left foot to the right foot and then move the right foot to C forming a **Right Fixed Stance** toward C while executing a **U-Shape Block** toward C."
- Encyclopedia 6<sup>th</sup> ed., vol. 3, p.308: **U-Shape Block (Mongdung-I Makgi)** "Keep both hands in a vertical line at the moment of block. The lower elbow should be flush with the hip."
- Once the left foot is lowered, bend at the knees, pivot on the ball of your left foot counter-clockwise and cross your hand at the left side of your chest
- To execute, as you slide your right foot forward and drive your left foot down, twist at the hip as you execute the block
- Fixed stance is similar to the L-stance but, unlike L-stance, the body weight is distributed evenly across both legs and the distance between the big toe of each foot is one and a half shoulder widths



19) Jump and spin around 360 degrees counter clockwise, landing on the same spot to form a **Left L-Stance** while executing a **half facing Middle Guarding Block** with **Knife-hands**. **Ki-Hap**

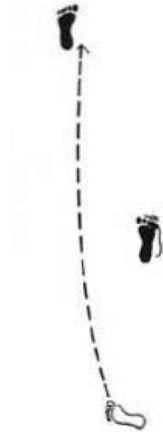
- Official ITF instructions: "19. Jump and spin around counter clockwise, landing on the same spot to form a **Left L-Stance** toward C while executing a **Middle Guarding Block** to C with a knife-hand."
- When finished, you should be half-facing to the left
- Do not be concerned with spinning as fast as possible; instead, spin only as fast as needed to complete the turn. Often, a higher jump that spins more slowly produced a better result. When jumping, it is highly recommended that you tuck your legs as you spin. it is also a good idea to throw your arms back (in chamber position) and keep them their throughout the spin, in preparation for the Knife hand Guarding Block as you land





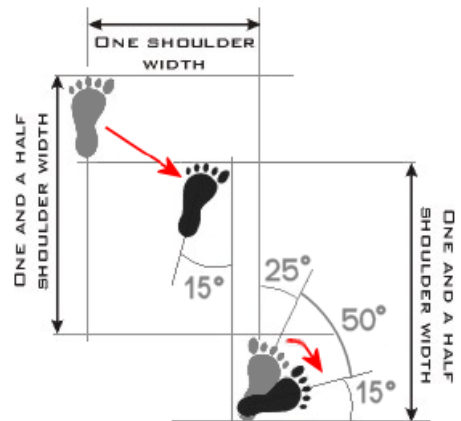
20) Move the left foot forward to form a **Left Walking Stance** while executing a **full facing Low Right Fingertip Thrust**.

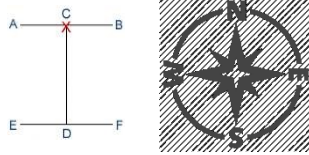
- Official ITF instructions: "20. Move the left foot to C forming a Left Walking Stance toward C at the same time executing a Low Thrust to C with the right upset fingertip."
- When chambering, make sure to bring the hands to eye level and turn half-facing to the right; the turn to half-facing allows us to utilize a hip twist as we move into full-facing, thus generating maximum power with the thrust
- When finished, the left fist brought to the right shoulder with the body full-facing and the right hand is flat, palm up, and with the thumb tucked



21) Shift into a **Right L-Stance** while executing a **full facing Side Back Strike** to the **South** with the **right back fist** and a **Low Block** to **North** with the **left forearm**.

- Official ITF instructions: "21. Execute a Side Back Strike to D with the right back fist and a low block to C with the left forearm while forming a Right L-Stance toward C, pulling the left foot."
- Since we are shifting from Walking stance to L-stance, we keep our rear foot in the same position to pivot and pull the lead foot back and inward
- The primary technique is the side back strike so turn your head to look over your shoulder toward D when performing the strike
- Make sure to retract only the forward foot; the rear does not move although it does pivot about 50 degrees





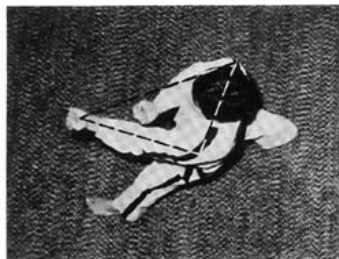
22) Step forward with the right foot to form a **Right Walking Stance** while executing a **Middle section Fingertip Thrust** with the **right straight hand**.

- Official ITF instructions: "22. Move the right foot to C forming a Right Walking Stance toward C while executing a middle thrust to C with the right straight fingertip."
- To execute, our hands travel in a circular motion starting at the bottom of the circle, pulling back as they travel upward, and once at the apex, in a straight line to the target; when the hands are at the apex of the circle, they should be at shoulder height
- When finished, the right hand is flat and in a vertical position at neck level with the left knife-hand, palm down, below the right elbow

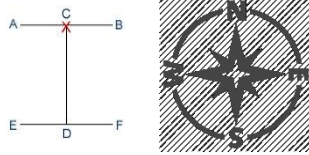


23) Pivot on the right foot 270 degrees counter-clockwise then move your left foot forward to form a **Left Walking Stance** while executing a **half facing high block** with the **left double forearm**

- Official ITF instructions: "23. Move the left foot to B turning counter clockwise to form a Left Walking Stance toward B while executing a high block to B with the left double forearm."
- From the encyclopedia, volume 10, page 265, when describing the final position of hands: "Keep both back fists facing up"
- Encyclopedia 6<sup>th</sup> ed., vol. 3, p.224: **Double Forearm Block (Doo Palmak Makgi)**  
"Always be sure to keep the body half facing the target, bringing the second knuckle of the little finger to the elbow at the moment of the block."
- When starting the turn, move slightly forward by bending the knee so as to start the sine wave; then, like a cork screw, spin and rise to the apex of the sine wave with our hands behind our shoulders; as we drop forward into the walking stance, we snap our fists forward into the block
- Since this is a high double forearm block, the fist of the left arm should end at eye level and the right fist to the side of the left elbow
- When finished, we should be half-facing to the right and both wrists should be face up



The blocking tool forms a triangle with the shoulders.



24) Move the right foot forward to form a **Sitting Stance** toward **North** while executing a **Middle Right Inner Forearm Block** and followed by a **High Side Strike** to **East** with the **Right Back Fist**.

- Official ITF instructions: "24. Move the right foot to B forming a **Sitting Stance** toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist"



- From the encyclopedia, volume 2, page 148:

**Sitting Stance (Anun Sogi)**

"One of the advantages of this stance is to shift into walking stance without relocating the foot.

1. Spread one leg to the side at a distance of approximately one and a half shoulder width between the big toes.
2. Point the toes to the front and distribute the body weight evenly on both legs.
3. Extend the knees outward, bending until the knee caps come over the ball of the foot... Double width of the shoulders weakens the stance and speedy movement is hampered."

- From the encyclopedia, volume 10, page 212:

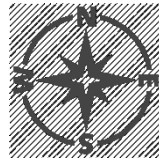
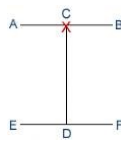
**Sitting Stance Middle Front Block (Anun So Dung Kaunde Ap Makgi)**

"The forearm must stay at the center of the body."

- Encyclopedia 6<sup>th</sup> ed., vol. 3, p.134: **Side Strike (Yop Taerigi)**  
"If the body becomes half-facing or side facing the target at the moment of impact, it is called a side strike, and is executed in the form of an outward strike... The attacking tool form a straight line with the center of the shoulders at the moment of impact."



- For the middle front block, in order to have enough distance for the non-striking hand to end at the belt when the striking hand reaches its target, extend the left arm forward during the chambering
- The middle front block finishes on the center line at shoulder height
- Since we are maintaining our stance for the back fist strike, we need only to use our knees to produce a sine wave
- To chamber the back fist strike, cross the wrists at shoulder height to the left
- When executing the back fist strike, the fist should travel in a straight line from the chamber position rather than in any arc
- When the high side strike reaches the target, the elbow of the striking arm should be bent obliquely so that the fist –rather than the elbow– hits the target
- From the encyclopedia, volume 10, page 212:  
**Sitting Stance Back Fist High Side Strike (Anun So Dung Joomuk Nopunde Taerigi)**  
"The back fist should be half-facing the opponent." With this instruction, we can assume that when the strike has finished the knuckles of the fist are at the angle of 45 degree angle. This would imply that the true point of impact is a pressure point at the back of the head named Gall Bladder 19. This pressure point is located about an inch and a half back from the top of the ear.

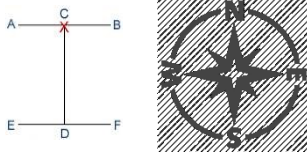


25) Turning counter-clockwise, execute a **Middle Side Piercing Kick** to **West** with the **right foot** and then lower it to **West**.

- Official ITF instructions: "25. Execute a Middle Side Piercing Kick to A with the right foot turning counter clockwise and then lower it to A."
- When chambering this kick, first shift all of your weight over the left foot and make sure to bring the knee of the striking leg as close to the chest as possible; this will allow the actual kick travels in a horizontal, straight line to the target
- After executing the kick, lower your foot and "step naturally" – approximately one shoulder width from the rear foot

26) Turning clockwise, execute a **Middle Side Piercing Kick** to **West** with the **left foot**.

- Official ITF instructions: "26. Execute a Middle Side Piercing Kick to A with the left foot turning clockwise."
- When chambering this kick, make sure to bring the knee of the striking leg as close to the chest as possible so that the actual kick travels in a straight line to the target
- Although this kick and the previous kick are often performed in a connected or continuous motion, technically, they are executed in normal fashion so be certain to demonstrate each kick with a full sine wave
- After executing the kick, do not lower the kicking foot to the floor; that is done as part of the next movement



27) Lower the left foot to form a **half-facing Left L-Stance** to the **East** and execute a **Middle Section Checking Block** with **X-Knife-hands**.

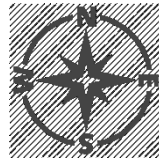
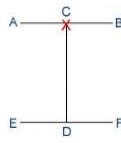
- Official ITF instructions: "Lower the left foot to A and then execute a middle block to B with an X-knife-hand while forming a Left L-Stance toward B, pivoting with the left foot."
- Encyclopedia 6<sup>th</sup> ed., vol. 3, p.233: **Checking Block (Momchau Makgii)**  
*"This is used chiefly to block reverse turning kick and turning kick, and in rare case a hand technique against the solar plexus and points above. It is performed with X-fist, C-knife-han, straight forearm or straight knife-hand. X-Fist (Kyocha Joomuk) This is mainly executed from sitting, rear foot and L-stance, though occasionally an X-stance. Right forearm is placed inside left forearm with right L-stance or right rear foot stance and vise-versa. The crossed point should be slightly higher than the elbow at the moment of block."*
- When the left foot is lowered, it is positioned one step forward from the right foot's current position; the right foot then draws halfway to the left foot during the chamber so you can step out into the Left L-Stance with power
- Since the block is to the middle section, the knife-hands should finish at shoulder height, angled up from the body at approximately 45 degrees

28) Move the left foot forward to form a **full facing Left Walking Stance** toward **East** while executing a **Twin Upward Palm Block**.

- Official ITF instructions: "Move the left foot to B forming a **Left Walking Stance** toward B while executing an upward block to B with both palms."
- From the encyclopedia, volume 10, page 214: "1. The attacking tool reaches the target in a circular motion. 2. The palms reach the same level as the elbows of the defender."
- Encyclopedia 6<sup>th</sup> ed., vol. 3, p.251: **Upward Block (Olyo Makgi)**  
*"The purpose of this block is to "spring up" and opponents hand, foot, dagger, or stick directed against the defender's solar plexus and areas above... The blocking tool should reach its point of focus at the defender's solar plexus. Be sure to bend the elbows about 35 degrees outward at the moment of the block... The blocking tool (palm) should reach the target in a circular motion."*

29) Perform a Spot Turn to form a **full facing Right Walking Stance** and execute a **Rising Block** with the **Right Forearm**.

- Official ITF instructions: "Move the left foot on line AB and then execute a rising block to A with the right forearm while forming a **Right Walking Stance** toward A."
- Rising blocks finish full-facing

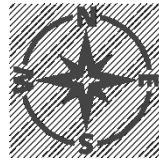
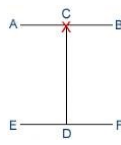


30) While maintaining the **Right Walking Stance**, execute a **Middle Reverse Punch** with the **Left Fist**.

- Official ITF instructions: "*Execute a middle punch to A with the left fist while maintaining a **Right Walking Stance** toward A.*"
- To chamber, make sure to produce a sine wave by bending the rear knee and rise up on the ball of your foot when the at the apex; lower your right arm to shoulder height
- When you strike with the fist, drive the heel down as you pull your right fist back to your belt

**END: Bring the left foot back to form a Parallel Ready Stance facing D**





## Official Meaning:

CHOONG-MOO was the name given to the great 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 why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality.

## Background:

In Korean history, which spans over five millennia, there have been many national heroes, but none compares to Yi Sun-sin who saved Choson Korea from the brink of collapse during the Japanese invasion of 1592. Yi Sun-sin defeated the Japanese in every one of the battles at sea when Toyotomi Hideyoshi's troops invaded Choson Korea.

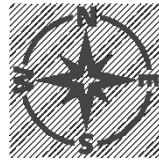
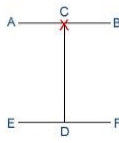
Yi Sun-sin was unique among Choson civil and military officers for his honesty and incorruptibility, and in terms of leadership and tactics, as well as loyalty and courage, he was an ideal commander. He was a renowned admiral before the time of Nelson, and has never yet had an equal in world history. Although the existence of this figure grew to be almost forgotten in Korea, the admiration of his memory was handed down in Japan through generations so that his tactics and accomplishments were researched and subjected to close study when the Japanese Navy was established during the Meiji period.

Admiral Yi achieved a battle record that no one in history has ever matched. Genghis Khan lost two battles out of the twenty that he fought, Napoleon Bonaparte four battles out of twenty three, Emperor Frederick four battles out of twelve, and Hannibal one battle out of five. Yet in all of the twenty three battles that he fought at sea, Admiral Yi was never once defeated. Overcoming formidable odds in terms of numbers of ships and troops, he led his navy to victory in every engagement he fought during seven years of war with the Japanese, losing in total only two ships of his own.

Of Admiral Yi's twenty-three sea battles, the most crucial were the Battle of Hansan and Battle of Myongnyang. In the Battle of Hansan, considered as among the greatest naval engagements in history, Yi, by means of his famous "Crane Wing" formation, achieved a great victory by sinking and capturing fifty-nine of the seventy-three Japanese ships which opposed him. The Battle of Myongnyang, in which he defeated 130 enemy ships with 13 ships his own, is regarded among maritime historians as nothing less than a miracle.

Few of the world's greatest war heroes have been able to avoid criticism and censure, least of all from those they fought against, enduring such taunts as 'brutal oppressors' or 'starving wolves'. Admiral Yi, in contrast, has been held as an object of admiration and reverence even among the Japanese, whose minds were swayed by his pure and absolute loyalty to his country and people, his brilliant use of strategy and tactics which led invariably to victory, his invincible courage that overcame every adverse circumstance, and his unbending integrity. This admiration is apparent in the many speeches and writings by Japanese military officers and historians which speak of Admiral Yi.

# Choong-Moo



## References:

**Taekwon-Do (The Korean Art of Self Defense), 5<sup>th</sup> edition**

a.k.a. *The Encyclopedia*

by General Choi Hong Hi, ©1999

**Taekwon-Do (The Korean Art of Self Defense), 5<sup>th</sup> edition**

a.k.a. *The Encyclopedia*

by General Choi Hong Hi, ©2004

**International Taekwondo Federation website**

<http://www.itf-administration.com/technical/default.asp?arturn=842>

**Official ITF Video:**

[https://www.youtube.com/watch?feature=player\\_embedded&v=S-5ZXeqhJiE](https://www.youtube.com/watch?feature=player_embedded&v=S-5ZXeqhJiE)

**Grandmaster S. J. Kim:**

<http://www.sjkim-tkd.com/choong-moo.html>

**The Encyclopedia of Taekwon-Do Patterns, Volume 1**

by Stuart Anslow

**Blue Cottage Taekwondo**

<http://www.bluecottagekd.com/CHOONGMOO.html>

**Black Belt Tul - 1st Kup - Choong-Moo - General Choi - 1998 Seminar - ITF Taekwon-do**

<https://youtu.be/Yx6nBvjGZJ8>

**Park Jung Tae - Choong Moo Tul. ITF Taekwon-Do Seminar, Dublin 1987**

<https://youtu.be/1OJup8o0Deg?list=PLpDk1JJmaCKQtHbJZsJITwaQ7Zqq4YxNR>

**Choong Moo (Step-By-Step)**

by Master Joshua Hong

<https://youtu.be/UDETNiWSmg>

**Choong-Moo with Mark Trotter**

from TKDCoaching

<https://vimeo.com/136416022>

<http://tkdcoaching.com/pm-choong-moo-tul-with-mark-trotter/>