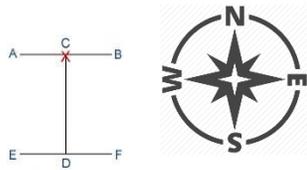


Choong-Moo

Updated: June 7, 2023



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 pattern ends with a left-hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential.

Number of Movements: 30

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

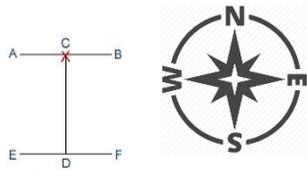
- In Parallel ready stance, feet are positioned one shoulder width from the outside of one foot to the outside of the other; the toes are pointed slightly inwards so that the footswords of the feet are parallel to each other.



1) Move the left foot to *East* to form 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 and the left knife-hand should finish near shoulder height.





2) Move the right foot forward to form a **full-facing Right Walking Stance** to **East** while executing a **High Front Strike** 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."

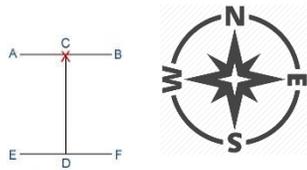
- Encyclopedia 6th ed., vol. 3, p.115:
Striking Techniques (Taerigi)
"The striking is classified into side, front, inward, outward, side front, side rear, downward and elbow strikes."



- Encyclopedia 6th 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."



- 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 executing, the right hand moves slightly faster than the left but both stop at the same time.
- The left hand is not executing a rising block so there is no chambering for it; the hand is merely being moved to a defensive position. From its previous location, the left hand effectively just rises up and rotates as your head moves to the hand.
- When finished, the right hand's strike is to the opponent's neck and the left knife hand a few inches above your forehead with the palm facing upwards at about a 45-degree angle.



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 a **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 without hyper-extending the rear shoulder.
- When finished, the lead knife-hand should be at shoulder height.



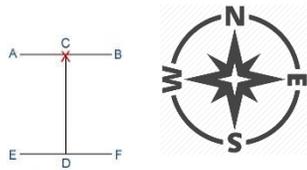
4) Move the left foot forward forming a **full-facing Left Walking Stance** toward the **West** while executing a **High Thrust** with the **Left Flat Fingertip**.

- Official ITF instructions: "4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat fingertip."
- There are three classes of hand techniques: Punch; thrust; and strike.
- 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."



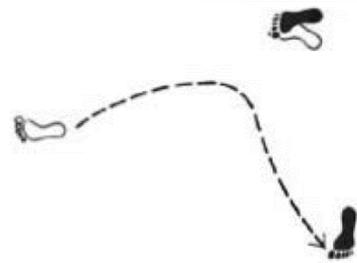
- High flat fingertip thrusts are chambered near the armpit so that the hand travels in nearly horizontally and in a straight line to the target.
- The thrust is high so should target the opponent's eye-level and finish near the target's centerline.
- "Flat" fingertip thrusts have the palm facing down whereas "Straight" (a.k.a. "Vertical") 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**.

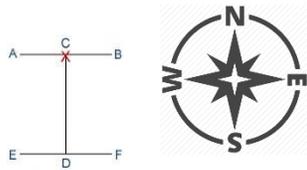
- Official ITF instructions: "5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand."
- When starting the turn, make sure to dip into the sine wave such that you are at the bottom of the wave when your left foot comes closest to the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



6) Shift your weight onto your left foot as your turn to face **North** (C) while forming 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.
- To execute, snap both hands forward while your right foot snaps upward to the knee of the left leg and you slightly bend the knee of the supporting 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.





7) Execute a **Middle Side Piercing Kick** to the **North** with the **Right Foot**.

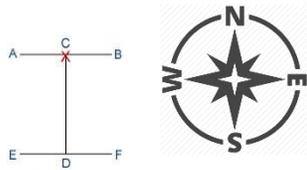
- Official ITF instructions: "7. Execute a Middle Side Piercing Kick to C with the right foot."
- From the encyclopedia, 1999 5th ed., p.254: **Side Piercing Kick (Yopcha Jirugi)** "...The attacking tool must reach the target in a straight line with a revolving motion... Keep the toes of the kicking 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 on the supporting foot.
- When kicking, the hips should stay over the supporting leg and the shoulders, hips, 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. If you do, you will end up performing a back kick rather than a side kick.
- 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 turn your upper body forming 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 ball of the supporting foot.
- When lowering the foot, first only retract it to demonstrate your control/balance; the actual placement of the foot on the ground is done as part of the execution of the block.
- The lowering of the foot should be considered the initial drop into the sine wave; as you rise up into the sine wave, bring hands above and to the side of the head at a 45-degree angle as you change facing.
- 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."

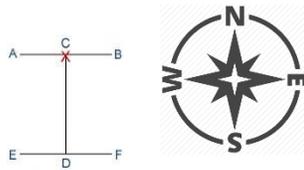


- From the encyclopedia, volume 10, page 207:
Flying Side Piercing Kick (Twimyo Yopcha Jirugi)
"The (kicking) foot should be slightly lower than the attacker's hip."

- From the encyclopedia, volume 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."

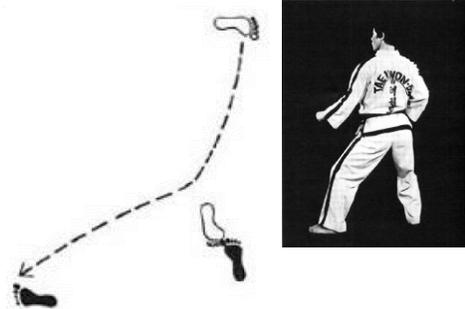


- When you take the first step, the toes should be pointed towards straight ahead (South) and it should not travel much past the hip; by positioning the foot nearly under the hip, you can better drive *upwards* giving you more height and more time to execute the kick itself.
- To execute the jump, raise your left knee first to help provide upward momentum. To increase the rotational speed of the turn, bring your right hand to your rear shoulder; this will server also as a way to chamber for the knife-hand guard.
- When you jump off the right foot, make sure to turn your hips counter-clockwise so that, at the time of the strike, your shoulders, hips, and the kicking foot are in line.
- The *Encyclopedia of Taekwon-Do* clearly states when it is necessary to land after a jump kick on two legs, and when to land on one leg. When the instructions use the term "forming" you form the stance as you land. When the phrase "to form", land first and then move to form the stance. Since the official instructions use the term "forming", land on the left foot with the right foot hanging below a bent knee; don't go immediately into the L-stance; instead, pause to demonstrate your balance and then lower the right leg to form the L-stance and the knife-hand guarding block; waiting until after you land before forming the knife-hand guarding block makes sure that the chamber of the block does not interfere with jump.
- GM George Vitale: "In a Flying Side Kick, there are normally several steps prior to the launch off of the ground. But here, in this pattern there is only one step AND you then have to launch off the same (& only) foot you stepped with! This is where a lot of people cheat or look to improvise because it is not natural. But NO, please do NOT DO THAT! Instead, insist that they step with the right foot & then jump off that foot... This is the 2nd Korean TKD Pattern ever designed. When General Choi Hong Hi - Tae Kwon Do Father created it, 1st Sergeant Han Cha-Kyo argued with him to change it & make it more natural. The General insisted that he accept the greater challenge & Chung-Mu Tul remained as created."



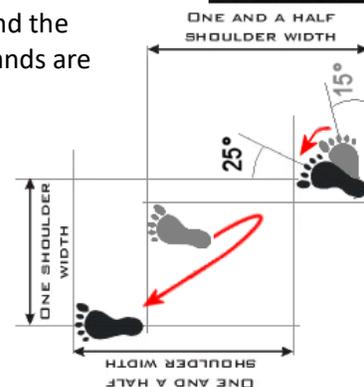
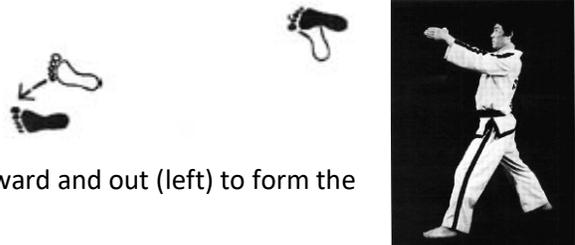
10) Move the left foot to **West** by pivoting 270 degrees counter clockwise on the right foot and then form a **Right L-Stance** toward **East** the same time executing a **half facing Low Block** to **West** with the left forearm.

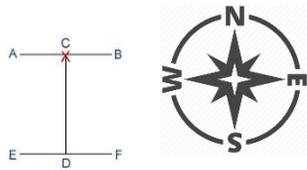
- Official ITF instructions: "10. Move the left foot to E turning counter clockwise to form a **Right L-Stance** toward E at the same time executing a **Low Block** to E with the left forearm."
- To chamber, shift all of your weight onto the front foot as you descend into the start of the sine wave. 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) Slip the left foot forward as you pivot slightly 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 lead (left) foot needs to slides forward and out (left) to form the walking stance.
- The hands should extend as if the fingers are being placed behind the opponent's skull with the thumbs near his ears; therefore, the hands are vertical rather than horizontal.
- When finished, the elbows should be slightly bent and the thumbs open.





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

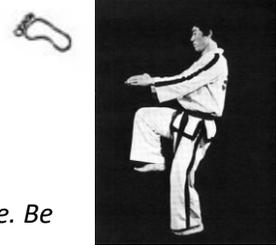
- Official ITF instructions: "*12. Execute an Upward Kick to E with the right knee pulling both hands downward.*"

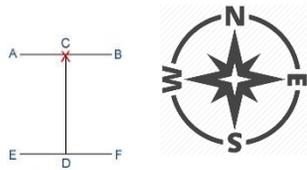
- Encyclopedia 6th ed., vol. 4, p.109:

Upward Kick (Ollyo Chagi)

"This technique is used in attacking the solar plexus or chest at close range. Be sure to pull down the opponent's 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 knee of the supporting leg should be bent slightly, the thigh of the striking leg should be parallel to the floor and the hands several inches above the knee – do not slap the knee.
- After executing the kick, 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, then turn 180 degrees counter-clockwise while executing a **High Reverse Knife-hand Front Strike**, bringing the left knife-hand under the right elbow and forming a **full facing Left Walking Stance** to the **East**.

- Official ITF instructions: "13. Lower the right foot to the left foot and then move the left foot 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."



- Encyclopedia 6th 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."



- From the encyclopedia, volume 10, page 209:
Walking Stance Reverse Knife-hand High Front Strike
 (Gunnun So Son Dung Nopunde Ap Taerigi)

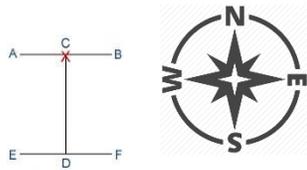
"1. The reverse knife-hand reaches the same level as the philtrum of the attacker. 2. The body becomes full facing the opponent. 3. The reverse knife-hand must stay at the center of the attacker's body."

- 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.
- When turning, pivot on the right foot before extending the left leg to form the walking stance; make sure to use the hip to provide additional power.
- To generate power, you need to rotate your upper body, drive the shoulder forward and swing the hand in a wide arc. Just before impact, bend the elbow slightly as you turn your hand palm down. This will provide a bit more and protect your elbow from being jolted.
- When finished, the reverse knife-hand strike will be at the height of the opponent's philtrum and just to the right of your center line; your right thumb is tucked in and the left hand is oriented palm down under the right elbow; the reaction hand does not touch the striking arm.



Front View

- Most front strikes (as opposed to punches) require the reaction arm to cross the center line so that the strike finishes at the center line.
- Note that the Encyclopedia refers to strikes that are Front Strikes (which finish on the center line) and Side-Front Strikes (which finish at the shoulder line), but with Reverse Knife hands there are many other variations – although some are not practicable, such as a downward front strike (which would need to come over your head to travel to the center line) or an outward strike.



14) Execute a **High Turning Kick** to the **South-East** using the **right foot** and then lower it to the left foot.
Perform 14 and 15 in a fast motion.

15) 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:

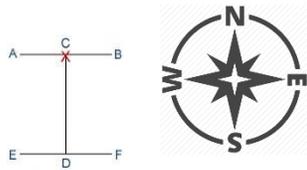
Turning Kick (Dollyo Chagi)

"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."
- 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.
- The kick should be directed at a 45-degree angle to the right and at the attacker's eye level.
- When finishing the turning kick, make sure to lower your right foot next to your left foot before starting the next movement.





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

17) 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:
Middle Back Piercing Kick (Kaunde Dwitcha Jirugi)
"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.
- Use the left arm in a dividing motion to add power to the kick and to maintain balance.
- At the moment of impact, the striking foot should be angled downward at approximately 45 degrees and the heel of the supporting foot towards the target.
- When you finish then kick, 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.
- Don't turn into kick – hips should face away from target otherwise it is a side kick!

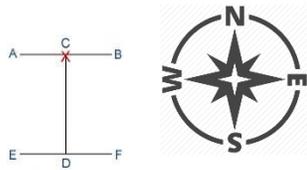


18) Lower the left foot, forming a **half facing Left L-Stance** while executing a **Middle Forearm Guarding Block** to the **West**.

- 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 West (E) so there is no need to turn, although the supporting foot will pivot. Even though the right foot pivots slightly, it stays in place and it is the left foot that lands behind to form the L-stance.
- After the previous kick, lower the kicking foot close to the stationary leg to demonstrate control and balance – the lowering of the leg should be seen as dropping into the start of the sine wave – and then rise into the sine wave to chamber the block as the left foot moves back.
- To execute the block, drop into the final portion of the sine wave as your weight shifts onto the rear leg.



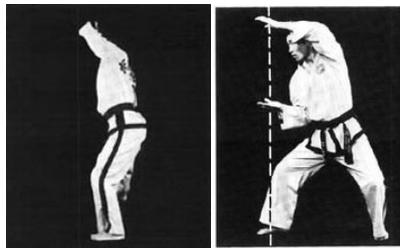
19) Execute a **Middle Turning Kick** with the **Left Foot** to the **South-West**.

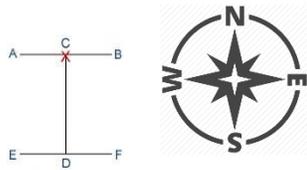
- Official ITF instructions: "17. Execute a Middle Turning Kick to DE with the left foot."
- A middle turning kick should strike at the height of the attacker's shoulder.
- This kick is the "mirror" to the turning kick in movement 14 although at a different height.
- Do not lower the foot immediately after executing the kick as that is done as part of the next movement.



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

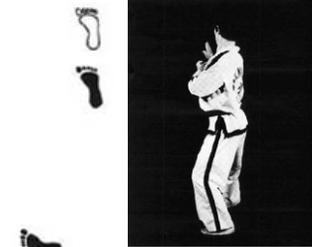
- Official ITF instructions: "18. Lower the left foot to the right foot and then move the right foot to C forming a **Right Fixed Stance** toward C while executing a **U-Shape Block** toward C."
- Encyclopedia 6th ed., vol. 3, p.308:
U-Shape Block (Mongdung-I Makgi)
"Keep both hands in a vertical line at the moment of block. The lower elbow should be flush with the hip."
- With a U-Shape Block, the top wrist is facing down and the bottom wrist is facing up.
- 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.





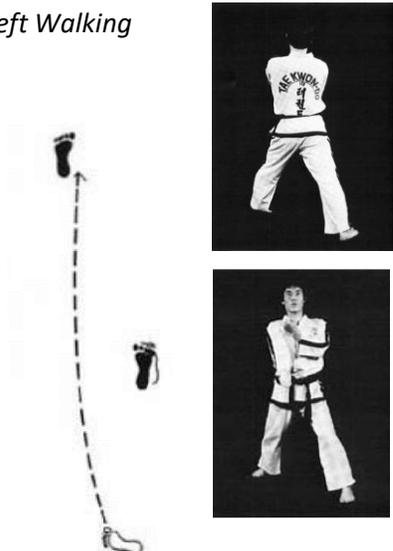
21) Jump and spin 360 degrees counter clockwise, landing on the same spot to form a **Left L-Stance** while executing a **half facing Middle Guarding Block** with **Knife-hands**.

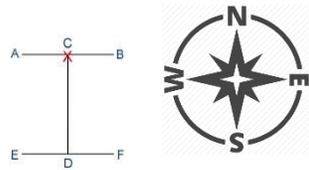
- Official ITF instructions: "19. Jump and spin around counter clockwise, landing on the same spot to form a **Left L-Stance** toward C while executing a **Middle Guarding Block** to C with a knife-hand."
- When finished, you should be half-facing to the left.
- Both feet must lift off the ground and lift the same distance.
- Since the official instructions use the phrase "to form", it is proper to land on the rear foot, pause to demonstrate your balance and then lower the lead leg to form the L-stance with the guarding block.
- 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 much as possible as you spin. Also, it is a good idea to throw your arms back (in chamber position) and keep them there throughout the spin, in preparation for the Knife hand Guarding Block as you land.



22) Move the left foot forward forming a **Left Walking Stance** while executing a **full facing Low Right Upset Fingertip Thrust**.

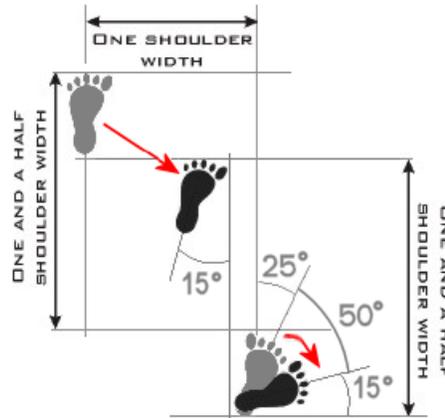
- Official ITF instructions: "20. Move the left foot to C forming a Left Walking Stance toward C at the same time executing a Low Thrust to C with the right upset fingertip."
- When chambering, keep your right forearm close to your body and orient your hand with the palm face-down as you extend the left hand toward the opponent; Make sure to align the elbow and the fingertips with the target 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.
- As the thrusting arm travels, it should move in a straight line.
- 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.





23) Pull the left foot to form a **Right L-Stance** while executing a **side-facing Side Back Strike** to the **South** with the **right back fist** and a **Low Block** to **North** with the **left forearm**.

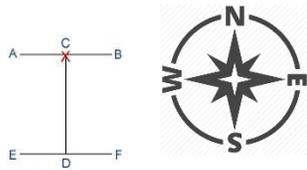
- Official ITF instructions: "21. Execute a Side Back Strike to D with the right back fist and a low block to C with the left forearm while forming a Right L-Stance toward C, pulling the left foot."
- Since we are shifting from Walking stance to L-stance, we keep our rear foot in the same position to pivot and pull the lead foot back and inward.
- As we chamber, turn your head to look over your shoulder; when executing the strike, return your gaze to the front.
- Make sure to retract only the forward foot; the rear does not move although it does pivot about 50 degrees.; there is no sine wave with this movement.
- Although the official instructions do not mention it, this movement is done in quick motion and, therefore, no sine wave is demonstrated.



24) Step forward with the right foot forming a **Right Walking Stance** while executing a **Middle Straight Fingertip Thrust** with the **right hand**.

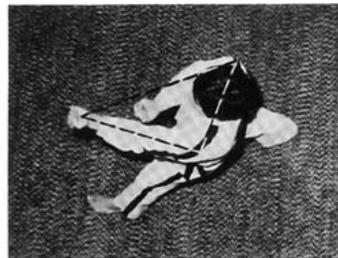
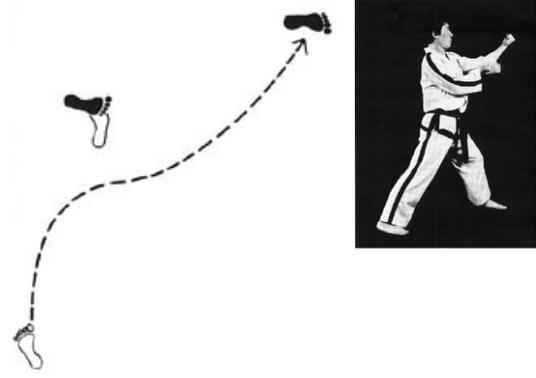
- Official ITF instructions: "22. Move the right foot to C forming a Right Walking Stance toward C while executing a middle thrust to C with the right straight fingertip."
- To execute, our hands travel in a circular motion starting at the bottom of the circle, pulling back as they travel upward, and 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.
- This technique is performed the same as in Do-San and Won-Hyo.



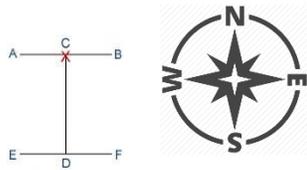


25) Pivot on the right foot 270 degrees counter-clockwise then move your left foot forward to form a **Left Walking Stance** while executing a **half facing high block** with the **left double forearm**

- 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 6th 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 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.
- It is important not to chamber the block too early; the chamber should begin no earlier than when half the pivot is made.
- The chamber has both hands with palms down; the right arm extended and the left arm bent, each at the same should height.
- 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.



26) Move the right foot forward forming 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 10, page 212: **Sitting Stance Middle Front Block** (*Annun So Dung Kaunde Ap Makgi*) "The forearm must stay at the center of the body."

- 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.

- Encyclopedia 6th 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."



- To chamber the back-fist strike, raise up on the legs – without lifting the heels from the ground –cross the wrists at shoulder height to the left.

- When executing the back-fist strike, drop down into the sine wave as the fist travels in a straight line from the chamber position (rather than in any arc-like motion). 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 and impacts the target on a slight angle.

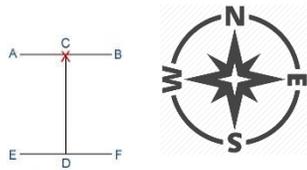


- From the encyclopedia, volume 10, page 212:

Sitting Stance Back Fist High Side Strike

(*Annun 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.



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

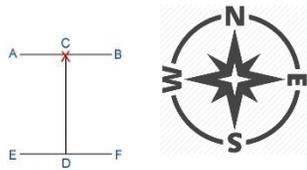
- Official ITF instructions: "25. Execute a Middle Side Piercing Kick to A with the right foot turning counter clockwise and then lower it to A."
- When chambering this kick, first shift all of your weight over the left foot and make sure to bring the knee of the striking leg as close to the chest as 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



28) 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.
- A reasonable application for this kick and the previous kick is that the opponent stepped back when attempting to kick him with the first middle side piercing kick in movement #25 so you have to advance to try again, but with the other leg.





29) 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**.

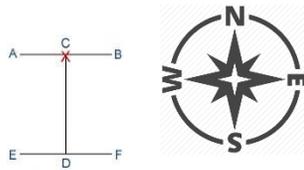
- Official ITF instructions: "Lower the left foot to A and then execute a middle block to B with an X-knife-hand while forming a Left L-Stance toward B, pivoting with the left foot."



- Encyclopedia 6th 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
- The hands cross and the wrists, not the forearms.
- Despite the image in the Encyclopedia, there is no strict rule for which knifehand is in front for an x-knifehand block, but it is usually the front-leg knifehand, which implies that one application for this maybe rear naked stranglehold.
- Since right foot is in front, the right arm should be forward.





30) 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 6th ed., vol. 3, p.251: **Upward Block (Ollyo Makgi)** "The purpose of this block is to "spring up" an opponent's 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."
- This is the same technique as in Joong-gun except twin and full-facing.



31) Perform a Center-line 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.

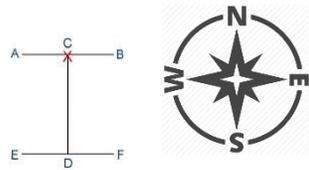


32) While maintaining the **Right Walking Stance**, execute a **Middle Reverse Punch** with the **Left Fist**.

- 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 South (D)

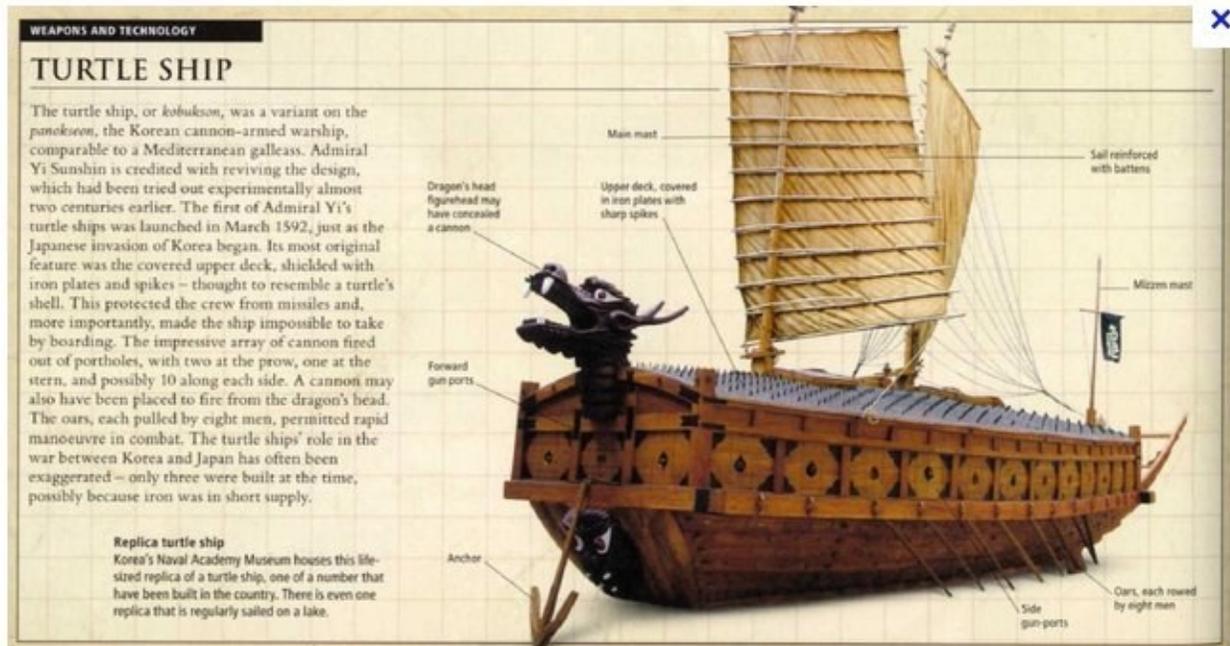


Background:

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.

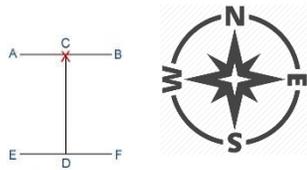


Yi Sun-sin was unique among Choson civil and military officers for his honesty and incorruptibility, and in terms of leadership and tactics, as well as loyalty and courage, he was an ideal commander. He was a renowned admiral before the time of Nelson, and has never yet had an equal in world history. 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.

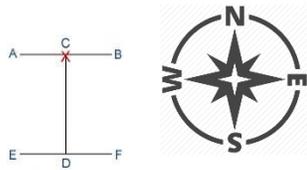
Few of the world's greatest war heroes have been able to avoid criticism and censure, least of all from those they fought against, enduring such taunts as 'brutal oppressors' or 'starving wolves'. Admiral Yi, in contrast, has been held as an object of admiration and reverence even among the Japanese, 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.

Possible Application Notes:

For movements #13 - #15: Turn 180 degrees into High Reverse Front Knife-Hand Strike, Turning Kick, Back Kick. Assume that an assailant is attempting a two-handed rear choke. The turn and the Left hand impacting the assailant's elbow should break the assailant's grip while the Reverse Right Knife-hand should strike his neck. Alternately, the left arm could perform an elbow strike to one side of the neck while the right forearm strikes the other side of the neck. The turning kick targets the side of the knee or a pressure point allocated about 3 inches above the assailant's lead knee, causing his knee to drop to the floor. The back kick then targets the head of the now-prone assailant.

Choong-Moo

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Choong-Moo Application 1

By Stuart Paul Anslow

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The Study of Taekwondo/ 태권도의 공부 Facebook Group

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