

# Red/Advanced Red Belt Form

## Choong-Moo

*Punches High*

Chung-Be Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Knifehand Square Block	Left Backstance
2	Right Box Block	Right Frontstance
3	Right Double Knifehand Block	Right Backstance
4	Left Single-handed Spearhand	Left Frontstance
5	Left Double Knifehand Block	Left Backstance
6	Right Side Kick	
7	Left Double Knifehand Block	Left Backstance
8	<b><u>Right 2-Step Jumping Side Kick</u></b>	
9	Right Double Knifehand Block	Right Backstance
10	Left Low Block	Left Backstance
11	Twin Eye Gouge	Left Frontstance
12	Right Knee Smash	
13	Right Reverse Ridgehand	Left Frontstance
14	Right #2 Round Kick/Left Spin Side Kick	
15	Right Double Fist Block	Right Backstance
16	Left #2 Round Kick	
17	Right Pole Block	Right Backstance
	Jump 360	
18	Right Double Knifehand Block	Right Backstance
19	Right Spearhand Low	Left Frontstance
20	Left Low Block/Right Backfist	Left Backstance
21	Right Spearhand	Right Frontstance
22	Left Double Innerforearm Block	Left Frontstance
23	Right Double Outside Block	Sittingstance
24	Right Backfist	Sittingstance
25	Right #2 Side Kick	
26	Left #2 Side Kick	
27	Right Knifehand X-Block High	Right Backstance
28	Twin Uppercut Palmheels	Left Frontstance
29	Right High Block	Right Frontstance
30	<b><u>Left Reverse Punch</u></b>	Right Frontstance

**Choong-Moo (30 movements):** Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. This pattern ends with a left hand attack, to symbolize his regrettable death. He was noted for his unrestrained loyalty to the King.