
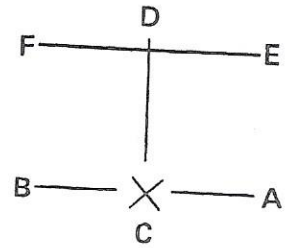


# CHOONG-MOO PATTERN

Diagram:   
 30 Movements  
 Parallel Ready Stance

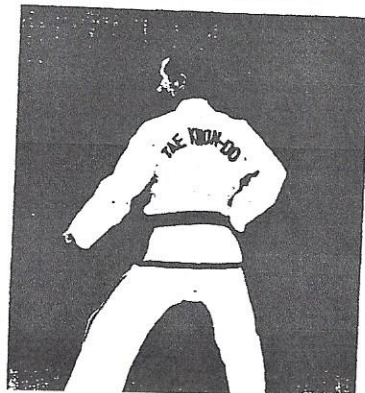


1. Move the left foot to B, forming a right L-stance while executing a twin knife-hand block.
2. Move the right foot to B, forming a right walking stance, at the same time executing a high front strike with a right knife-hand and bring the left backhand in front of the forehead.  
 Photo taken from B.
3. Move the right foot to A, forming a left L-stance, at the same time executing a middle guarding block with a knife-hand.
4. Move the left foot to A, forming a left walking stance while executing a high thrust with a left flat fingertip.
5. Move the left foot to D, forming a right L-stance, at the same time executing a middle guarding block with a knife-hand.
6. Turn the face to C forming a left bending ready stance A.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C, forming a right L-stance toward D while executing a middle guarding block with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot in double motion and then land to D, forming a left L-stance, at the same time executing a middle guarding block with a knife-hand.
10. Move the left foot to E, forming a right L-stance while executing a low block with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance, slipping the left foot.
12. Kick upward with the right knee while pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance, at the same time executing a high front strike with a right reverse knife-hand and bring the left backhand under the right elbow joint.
14. Execute a high turning kick with the right foot, and then lower it to the left foot. Perform in a fast motion.

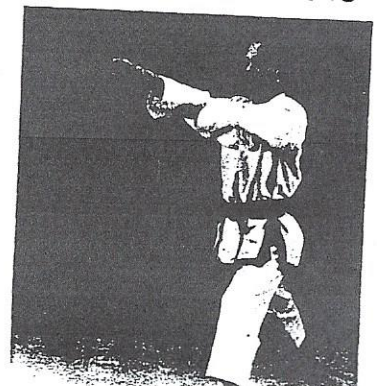
No. 2 taken from B.



No. 10 taken from D.



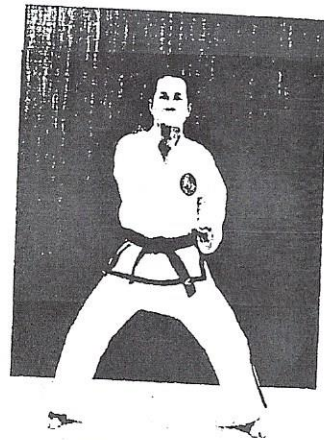
No. 13



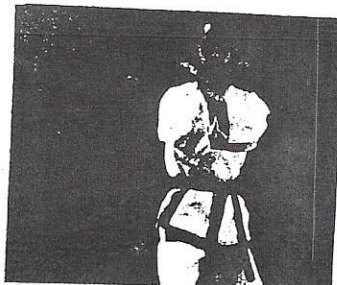
15. Execute a middle back piercing kick to F with the left foot.  
*Perform in a fast motion.*
  16. Lower the left foot to F, forming a left L-stance toward E at the same time executing a middle guarding block with the forearm.
  17. Execute a middle turning kick with the left foot.
  18. Lower the left foot to the right foot and then move the right foot to C, forming a fixed stance toward C while executing a U-shape block.
  19. Jump and turn around counter-clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block with a knife-hand.
  20. Move the left foot to C, forming a left walking stance while executing a low thrust with a right upset finger tip.
  21. Execute a high strike to D with a right back fist and a low block with the left forearm while forming a right L-stance, pulling the left foot.
  22. Move the right foot to C forming a right walking stance while executing a middle thrust with a right straight fingertip.
  23. Move the left foot to B forming a left walking stance, at the same time executing a high block with a left double forearm.
  24. Move the right foot to B to form a sitting stance toward C, at the same time executing a middle front block with the right outer forearm, and then a high side strike to B with a right back fist.
  25. Execute a middle side piercing kick to A with the right foot and then lower it to A.
  26. Execute a middle side piercing kick to A with the left foot.
  27. Lower the left foot to A, and then execute a middle side block with an X-knife-hand while forming a left L-stance toward B, pivoting with the left foot.
  28. Move the left foot to B forming a left walking stance while executing an upward block with both palms.
  29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
  30. Execute a middle punch with the left fist.
- End: Bring the left foot back to a ready stance.

\*Photos No. 27 was taken from B. and 28 was from D.

No. 24.



No. 27



No. 28

