

## CHOONG-MOO (Left foot returns, 30 moves)

### BROWN / SENIOR BROWN PARALLEL READY STANCE

	SIDE	TECHNIQUE	SIDE	STANCE	TARGET
	1	L	KNIFE HAND SQUARE BLOCK	L	BACK H
	2	R	INWARD KNIFE HAND STRIKE / REVERSE KNIFE HAND HIGH BLOCK	R	FRONT M/H
	3	R	DOUBLE KNIFE HAND BLOCK	L	BACK M
	4	L	HORIZONTAL SPEARHAND	L	FRONT H
	5	L	DOUBLE KNIFEHAND BLOCK	L	BACK M
	6	R	DOUBLE OUTER FOREARM BLOCK		SAME M
	7	R	FORWARD LEG SIDE KICK		M
	8	L	DOUBLE KNIFE HAND BLOCK	R	BACK M
	9	R	FLYING SIDE KICK		H
Ki-Hap	R	DOUBLE KNIFE HAND BLOCK	L	BACK M	
	10	L	LOW BLOCK	R	BACK L
	11	L	HEAD GRAB	L	FRONT H
	12	R	TURNING KNEE STRIKE		M
	13	R	RIDGEHAND STRIKE	L	FRONT H
	14	R	TURNING ROUND KICK	TRANSITION	H
	15	L	REVERSE SIDE KICK (CONTINUOUS MOT)		M
	16	R	DOUBLE OUTER FOREARM BLOCK	L	BACK M
	17	L	TURNING ROUND KICK		H
	18	R	POLE BLOCK	L	BACK H/L
	19	R	360 JUMP DOUBLE KNIFE HAND BLOCK	L	BACK M
	20	R	UPSET FINGERTIP	L	FRONT L
	21	L	LOW BLOCK/BACK FIST	R	BACK L/H
	22	R	SPEARHAND STRIKE	R	FRONT M
	23	L	DOUBLE INNER FOREARM BLOCK	L	FRONT H
	24	R	OUTERFOREARM BLOCK, INWARD BACK FIST		SITTING H
	25	R	TURNING SIDE KICK	TRANSITION	M
	26	L	TURNING SIDE KICK		M
	27	R	KNIFEHAND "X" BLOCK	L	BACK M
	28	L	UPWARD TWIN PALM BLOCK	L	FRONT M
	29	R	HIGH BLOCK	R	FRONT H
Ki-Hap	30	L	REVERSE PUNCH		SAME M

**FORM MEANING:** Choong-Moo was the given name to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship, the Kobukson, which was the precursor of the present day submarine (1592 .D.) The reason the form ends in a left handed attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.