

CHOONG-MOO HYUNG

1st Kup

30 movements



Chung Mu was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty, who was reputed to have invented the first armoured battleship. The left-hand attack ending this pattern symbolises his death in battle before he had a chance to show his complete loyalty to the King.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	W	Move L foot	R back stance	Twin knife-hand block
2	W	Step forward	R front stance	L upper-section block + R inverted knife-hand strike
3	E	Move R foot 180°	L back stance	Knife-hand guarding block
4	E	Step forward	L front stance	L upper-section spear-hand
5	N	Move L foot across	R back stance	Knife-hand guarding block
6	S	Pivot on L foot	L crane stance	Outer-forearm guarding block
7				Mid-section side kick
8	N	Step down to S & turn 180° to	R back stance	Knife-hand guarding block
9	N	Step forward & jump from R foot	Land in L back stance ¹	Jumping side kick ² + knife-hand guarding block
10	E	Pivot on R foot & turn 270° to	R back stance	L lower-section block
11	E	Slide L foot forward	L front stance	Grab opponent's head with hand on each side
12	E			R knee into opponent's head ³ <i>followed quickly by</i>
13	W	Lower R foot to L foot then step out on L foot to	L front stance	L downward palm block <i>followed quickly by</i> R ridge-hand
14	W			R upper-section turning kick <i>followed quickly by</i>

¹ Feet hit the ground simultaneously. Aim for height not distance in side kick.

² Target solar plexus

³ Pull head down & knee into palms

CHOONG-MOO HYUNG

#	+	Move	Stance	Action
15	W			L spinning back kick
16	E	Step down to W on L foot & turn 180°	L back stance	Outer-forearm guarding block
17	NE			L turning kick
18	S	Lower L foot to R foot then R foot out to	L fixed	U shaped block
19	S	Jump back 360° CC	L back stance	Knife-hand guarding block
20	S	Step forward	L front stance	Grab with L hand ⁴ + R lower-section upset spear-hand ⁵
21	S	Pull L foot in	R back stance	Lower-section block to S + upper-section vertical back-fist to N
22	S	Step forward	R long stance	L downward palm block <i>followed quickly by</i> R vertical spear-hand
23	W	Pivot on R foot 270° CC to	L front stance	L reinforced block
24	S	Bring R foot around to	Horse-riding stance	R inwards forearm block to S <i>followed quickly by</i> R upper-section vertical back-fist to W
25	E	Turn to E		R side kick
26	E	Step forward		L side kick
27	W	Lower L foot to E then turn 180° to	L back stance	Upper-section knife-hand X-block ⁶
28	W	Step forward	L front stance	Twin palm pressing block
29	E	R foot across	R front stance	Upper-section block <i>followed quickly by</i>
30	E			L reverse punch KIUP
	N	On "Keuman" bring back foot up	Parallel ready stance	

⁴ Retract L fist to rest vertically on R collarbone

⁵ Target the groin

⁶ Move head to the side