

CHOONG-JANG HYUNG

2nd Dan Pattern #2

52 movements



Choong-Jang is the pseudonym given to General Kim Duk Ryang, who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolise the tragedy of his death in prison at 27 years of age.

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance A	Feet together, L hand circled around R hand, hands at chin height
1	N	R foot to E	Horse riding stance	Position R hand low with arm straight and L hand with bent arm in inner-forearm block position. R hand moves up in a circular motion into R mid-section inner-forearm block and L hand moves downward similarly to L lower-section block <i>followed quickly by</i>
2	N		Horse-riding stance	L mid-section inner -forearm block and R lower-section block Execute in powerful chopping motion with slight twist at waist
3	N	Bring R foot back	Parallel stance	Slow L hook punch
4	N	Step forward on L	L front	R 2 finger attack to the eyes
5	N	Step forward	R front	L 2 finger attack to the eyes
6	N			R arm out straight and L arm across chest. Pull R hand back and snap down a R back-fist to nose with L fist palm down under elbow
7	N	Step forward	L front	L upper-section block
8	N	Step forward	R front	R upper-section lunge punch
9	N	Pivot on L rear leg and pivot 360° cc sliding into	R back	Outer-forearm guarding block
10	N	Weight on L leg		R lower-section front kick
11	N	Move forward	R long stance	R upper-section spear-hand ¹
12	N	Drop L knee to floor. Both hands touch floor		Balance on L knee. R mid-section turning kick from ground

¹ Horizontal spear hand to the throat

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#	+	Move	Stance	Action
13	N	Turn 90° to front.	Keep L knee and hand on floor	R mid-section punch
14	N	Shift balance to R foot and rise up turning 180° and slide to N with L foot	L back stance body facing S looking over shoulder to N	L rising rear elbow
15	N	Turn 180° clockwise stepping back with L leg to	L back	Outer-forearm guarding block
16	N	Step back	R back	L upward palm pressing block
17	N	Step back	L back	R knife-hand strike
18	S	Turn 180° and step out with L leg	L front	Lower-section X-block ²
19	S	Grab attacker with crossed hands and pull back to L of waist	Wt on L foot	R mid-section knee strike
20	N	Turn 180° cc	R back	Knife-hand guarding block
21	N	Step through with R leg turning 180° and slide to N with R foot	L back stance body facing S looking over R shoulder to N	R rear raising elbow strike
22	N	Step back with L foot	L back	Knife-hand guarding block
23	N	Grab with both hands and pull back to left hip	Wt on L leg	R side kick
24	S	Turn 180°	R cat	Twin lower-section palm heel blocks ³
25	S	Shift balance to L & step out on R	R front	R outer-forearm block <i>followed quickly</i> by R back-fist
26	N	Turn 180	R back	L upper-section spear-hand
27	N	R hand to top of outstretched L	Wt on L leg	R upper-section front kick

² Left (front) hand on top

³ Wrists touching

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#	+	Move	Stance	Action
		hand		
28	S	Turn 180° and slide R leg back to	L front	Slowly draw bot h hands back to R hip
29	S	Pull L front foot back with a stamp to	R back	Strike downward with back of open L hand
30	S		R back	R hook punch to palm of L hand
31	S	Step through with a stamp to	L back	Strike downward with back of open R hand
32	S		L back	L hook punch to palm of R hand
33	N	Turn 180° with a stamp to	R back	L upper-section knife-hand strike
34	N	Slide front L foot forward to	L front	R vertical elbow to L open palm
35	N	Step through with a stamp to	L back	R upper-section knife-hand strike
36	N	Slide front R foot forward to	R front	L vertical elbow to R open palm
37	S	Turn 180°	R back	Lower-section knife-hand guarding block
38	S	Slide L front foot forward	L front	Figure 9 block
39	S	Step through	L back	Lower-section knife-hand guarding block
40	S	Slide R front foot forward	R front	Figure 9 block
41	S	Step back	L front	Twin knife-hand strike to each side ⁴
42	S	Maintain stance. Twist waist leaving L arm out and draw R hand back to waist	L front	R arc hand to throat
43	S	Keep R hand out	Wt on L foot	R front kick
44	S	Shift R foot forward	R front	L arc hand to throat

⁴ Hands cross in front of chest before strikes

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#	+	Move	Stance	Action
45	S	Keep L hand out		L front kick
46	S	Shift L foot forward	L front	R reverse punch <i>followed quickly by</i>
47	S			L lunge punch
48	S	Back R foot up to	Natural stance	Twin knuckle strikes to temples
49	W	Turn 270° cc	L front	L lower-section knife-hand block
50	W	Maintain stance	L front	R palm heel to chin
51	E	Turn 180°	R front	R lower-section knife-hand block
52	E	Maintain stance	R front	L palm heel to chin KIUP
	N	On "Keuman" draw R foot back to L foot	Closed Ready stance A	L hand cupped around R