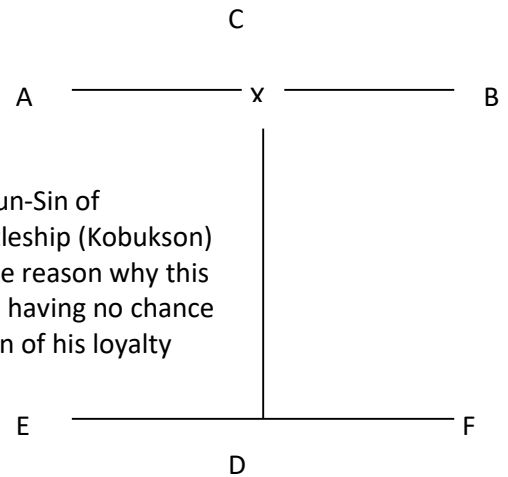




Choong-Moo-30 moves- Was the given name to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592 AD, which was the precursor of the present day submarine. The reason why this pattern ends with a left handed attack it to show his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Practiced by High Red Belts



Start from Chumbi Stance

1. Move your left foot towards B forming a left foot forward back stance while executing a twin knifehand block.
2. Move your right foot towards B forming a right front stance while executing a high inverted chop and a left open hand block (Chop-block)
3. Move your right foot towards A turning clockwise to form a right back stance while executing a knifehand guarding block.
4. Move your left foot towards A forming a left front stance while executing a high palm down spear finger
5. Move your left foot towards D forming a left back stance while executing a knifehand guarding block.
6. Move your left foot to the right, turn your face to C and execute a right leg side kick.
7. Step your left foot out towards D forming a left back stance while executing a knifehand guarding block.
8. Step towards D with your right foot, raise your left knee, execute a jump reverse side kick with your right leg and land in a right back stance and knifehand guarding block.
9. Turn counter clockwise (towards the left 270) form a left back stance towards E and execute a low section block with your left arm
10. Extend both hands upward as if to grab an opponent's head while forming a left front stance towards E.
11. Execute a right knee spear while pulling hands downward.
12. Lower your right foot to the left and move your left foot towards F forming a left front stance while executing a middle right ridge hand. The right arm is extended out, left hand under right elbow, palm down.
13. Execute a back leg street roundhouse kick with your right leg towards F.
14. Set your right foot down with your heel towards F and execute a turning back kick with your left leg.
15. Set your left foot down, looking towards E and forming a right leg forward fighting stance.
16. Look towards D and execute a left leg roundhouse kick.
17. Set your left foot down to right, step your right foot out to C forming a back stance and execute a staff block.
18. Jump counter clockwise 360, landing in a right leg back stance and execute a knifehand guarding block.
19. Step your left foot out towards C forming a right front stance while executing a reverse groin spear with your right hand.
20. Shuffle back towards D forming a left back stance towards C. Execute a right backfist towards D and a left arm low block towards D while looking towards D.

21. Move your right foot towards C forming a right front stance while executing a middle spear finger with your right hand.
22. Turning counter clockwise 270 towards B, execute a double forearm guarding block in a front stance.
23. Move your right foot to B with a stomp forming a horseback stance. (facing C) At the same time execute a high right inner forearm guarding block with your left fist under your right elbow.
24. While still in horseback stance, execute a right hand backfist towards B.
25. Execute a back leg side kick towards A with right leg, setting down the right leg forward fighting stance.
26. Execute a back leg side kick towards A with left leg, setting down left leg in a right leg forward front stance towards B.
27. While sliding your right foot back to your left, form a cat stance and execute a middle knifehand X block.
28. Step forward with left foot towards B forming a front stance. Execute a slow double palm upward block.
29. Box step over with left foot turning towards A, form a right front stance and execute a right arm high section block.
30. Remain in right front stance and execute a reverse punch.

Return to Chumbi