

Choong-Moo (Volume10 217 to 285)

(index)

PATTERN CHOONG-MOO

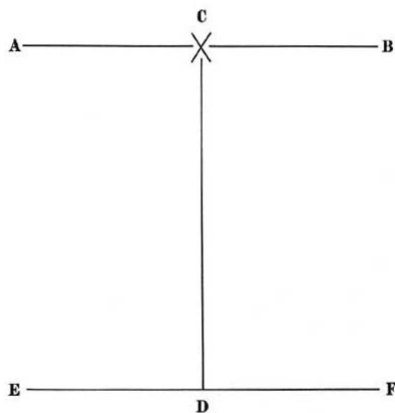
DIAGRAM: I

MOVEMENTS: 30

READY POSTURE: PARALLEL READY STANCE

217

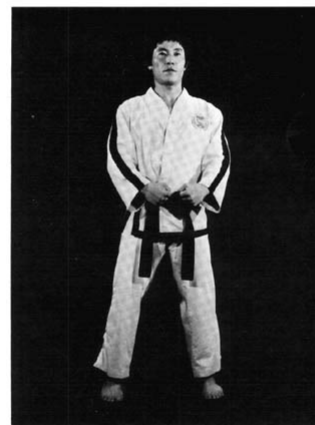
DIAGRAM (*Yon Moo Son*)



218

Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



219

1. Move the left foot to B, forming a right L-stance toward B while executing a twin knife-hand block.



Right L-stance twin knife-hand block toward B.



220

Previous Posture



Top View



221

2. Move the right foot to B, forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.



Right walking stance knife-hand front strike toward B.



Previous Posture



Front View



Application

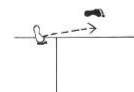


Side View

Application



Top View

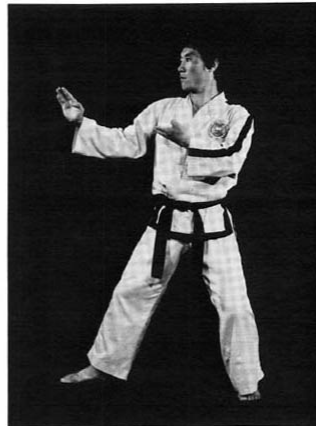


222

223

3. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle guarding block toward A with a knife-hand.

Left L-stance knife-hand middle guarding block toward A.



224



Application



225

4. Move the left foot to A, forming a left walking stance toward A while executing a high thrust with the left flat fingertip toward A.

Left walking stance high thrust with the left flat fingertip toward A.



226

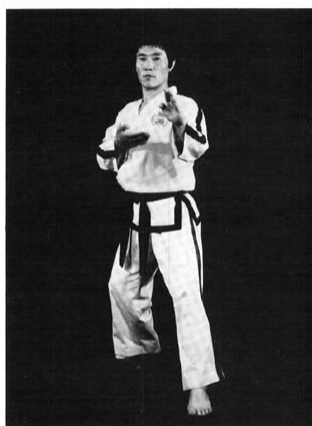


Application

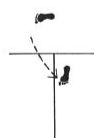
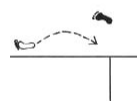


227

5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.



Previous Posture



Application

Side View

228

229

6. Turn the face to C, forming a left bending ready stance A toward C.



Left bending ready stance A toward C.



Previous Posture



Side View



Application



Top View



230

231

7. Execute a middle side piercing kick to C with the right foot.



Middle side piercing kick to C with the right foot.

232



Previous Posture



Application



Side View



Side View



Side View



233

8. Lower the right foot to C, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.

234



Previous Posture



Application



Side View



235

9. Execute a flying side piercing kick to D with the right foot in a double motion, and then land to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



Left L-stance middle guarding block with a knife-hand toward D.

236



Previous Posture



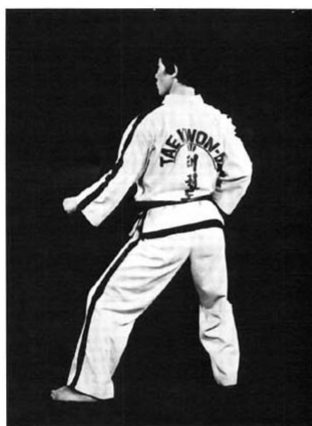
Application

Side View



237

10. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E, at the same time executing a low block to E with the left forearm.



Right L-stance low block with the left forearm toward E.

238

Previous Posture



Application

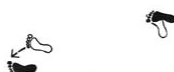


239

11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.



Left walking stance with both hands extended toward E.



240

Previous Posture

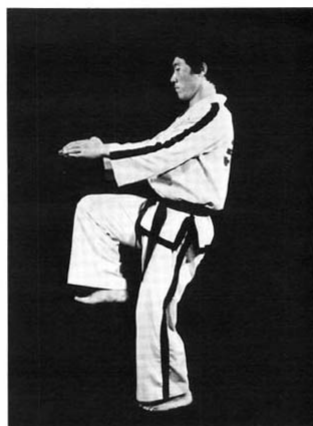


Application



241

12. Execute an upward kick to E with the right knee, pulling both hands downward.



Upward kick with the right knee toward E.

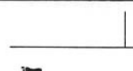


242

Top View



Previous Posture



Application



243

13. Lower the right foot to the left foot and then move the left foot to F, forming a left walking stance toward F while executing a high front strike with the right reverse knife-hand, bringing the left back hand under the right elbow joint.

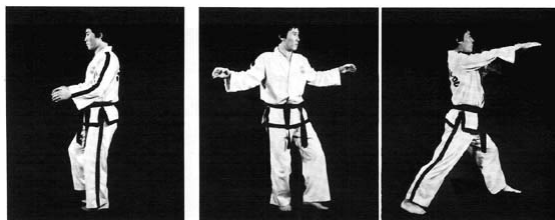


Left walking stance high front strike with the right reverse knife-hand toward DF.

244



Previous Posture



Keep the right foot slightly off the ground.

Application



245

14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.



High turning kick with the right foot to DF.

246

Previous Posture



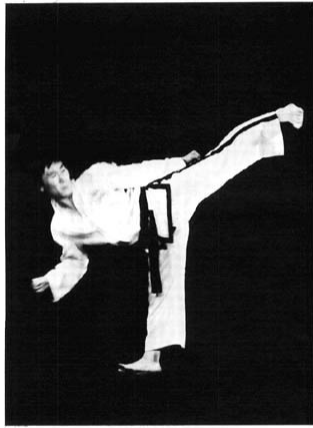
Application



Top View

247

15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.

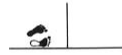


Middle back piercing kick to F with the left foot.



248

Previous Posture

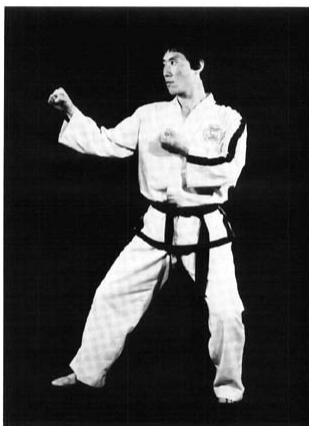


Application



249

16. Lower the left foot to F, forming a left L-stance toward E while executing a middle guarding block toward E with the forearm.



Left L-stance forearm middle guarding block toward E.



250

Previous Posture

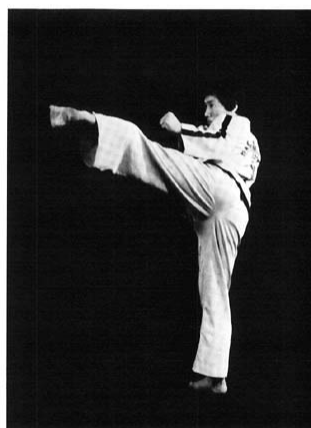


Application



251

17. Execute a middle turning kick to DE with the left foot.

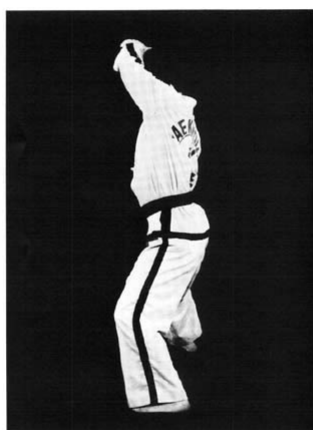


Middle turning kick to DE with the left foot.



252

18. Lower the left foot to the right foot and then move the right foot to C, forming a right fixed stance toward C while executing an U-shape block toward C.

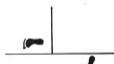


Right fixed stance U-shape block toward C.



254

Previous Posture



Top View



Application



253

Previous Posture



Application



Side View

Keep the left heel slightly off the ground.

Side View



255

19. Jump and spin around counter-clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.



Left L-stance middle guarding block with a knife-hand toward C.

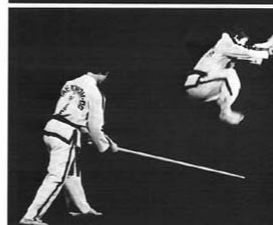
256



Previous Posture



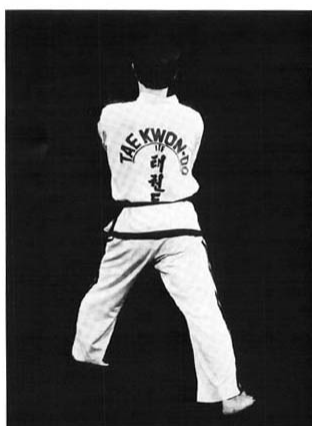
Application



Side View

257

20. Move the left foot to C, forming a left walking stance toward C, at the same time executing a low thrust to C with the right upset fingertip.



Left walking stance low thrust with the right upset fingertip toward C.

258



Previous Posture



Application



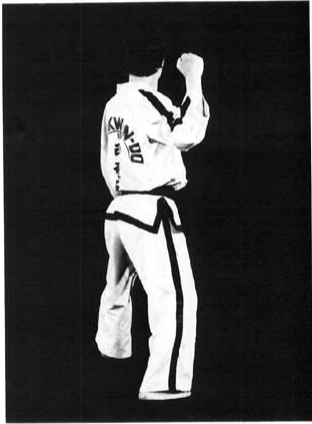
Side View

Other View



259

21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.



Right L-stance side back strike to D with the right back fist.



260

Previous Posture



Application



Side View



Side View



261

22. Move the right foot to C, forming a right walking stance toward C while executing a middle thrust to C with the right straight fingertip.



Right walking stance middle thrust with the right straight fingertip toward C.



Previous Posture



Application



Side View

Other View



262

263

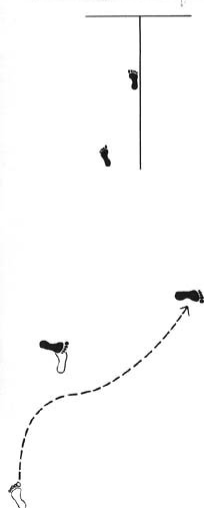
23. Move the left foot to B, turning counter-clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.

Left walking stance high block with a left double forearm toward B.



264

Previous Posture



Application



Side View



Keep both back fists facing upward.



265

24. Move the right foot to B, forming a sitting stance toward C while executing a middle front block to C with the right forearm, and then a high side strike to B with the right back fist.

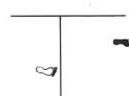


Sitting stance high side strike with the right back fist toward C.

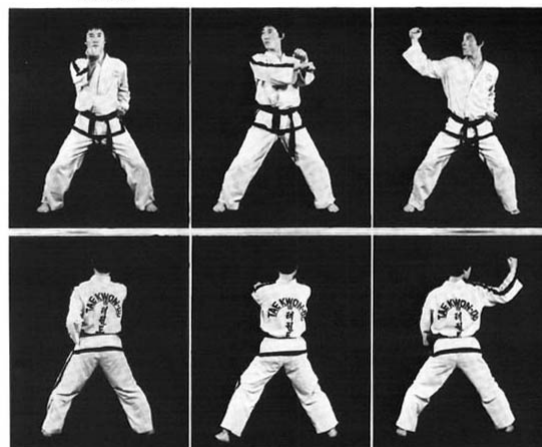


266

Previous posture



Other View

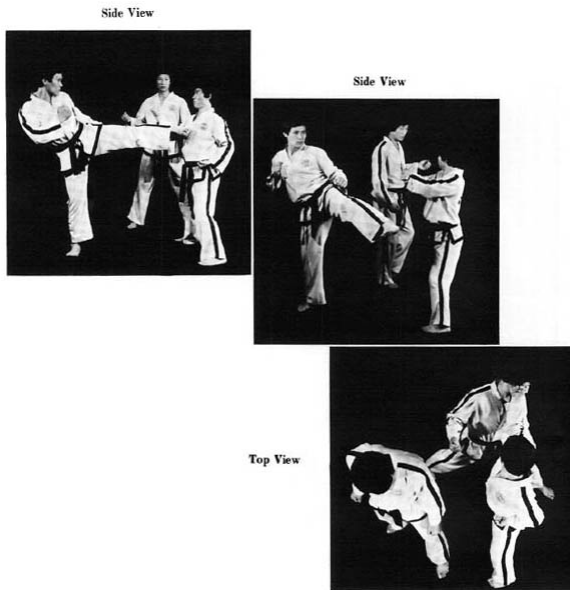


Raise the body slightly.



267

Application of No. 24



268

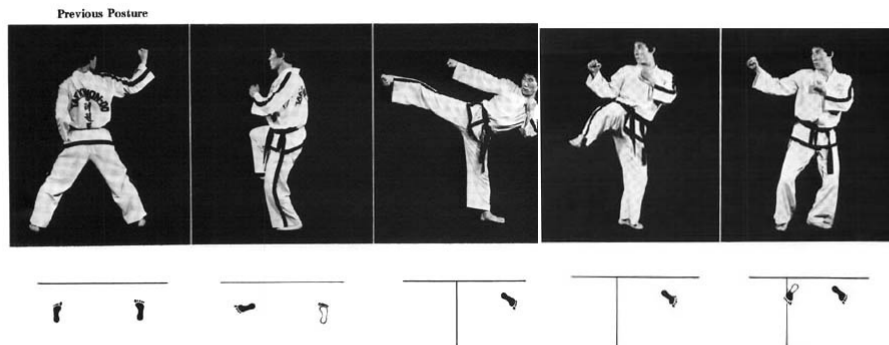
25. Execute a middle side piercing kick to A with the right foot, turning counter-clockwise and then lower it to A.



Middle side piercing kick to A with the right foot.



269



Application



270

Application



271

26. Execute a middle side piercing kick to A with the left foot turning clockwise.

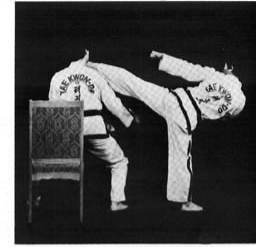


Middle side piercing kick to A with the left foot.

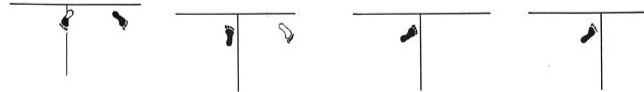
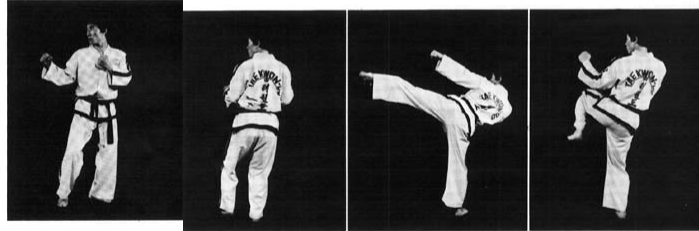


272

Application



Previous Posture



273

27. Lower the left foot to A and then execute a middle block to B with an X-knife-hand while forming a left L-stance toward B, pivoting with the left foot.

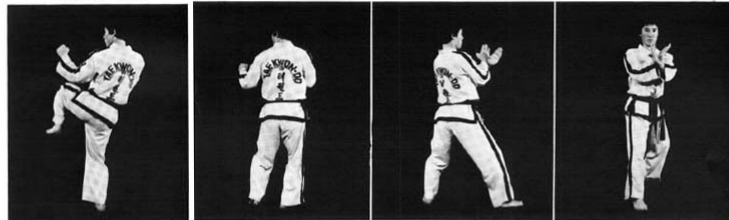


Left L-stance middle block with an X-knife-hand toward B.



274

Previous Posture



Front View



Blocking

Pulling

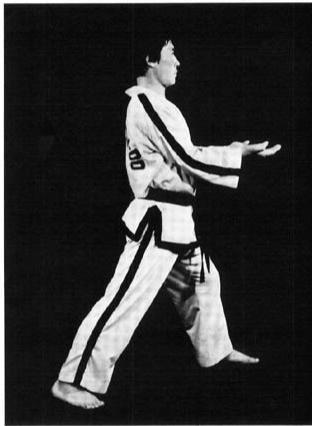
Application



275

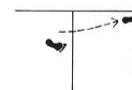
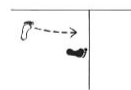
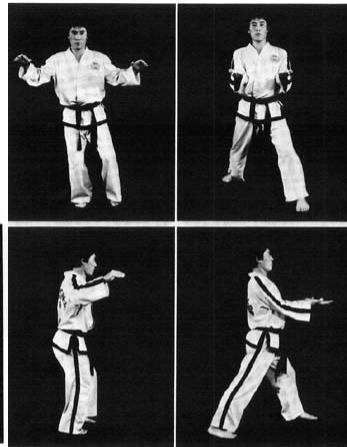
28. Move the left foot to B, forming a left walking stance toward B while executing an upward block to B with both palms toward B.

Left walking stance upward block with both palms toward B.

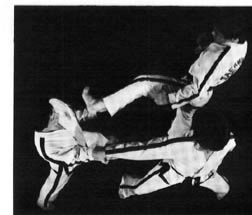


276

Previous Posture



Top View



Application

277

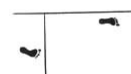
29. Move the left foot on line AB and then execute a rising block to A with the right forearm while forming a right walking stance toward A.



Right walking stance rising block with a right forearm toward A.



Previous Posture



Application



278

279

30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.



Right walking stance middle punch with the left fist toward A.



280

Previous posture



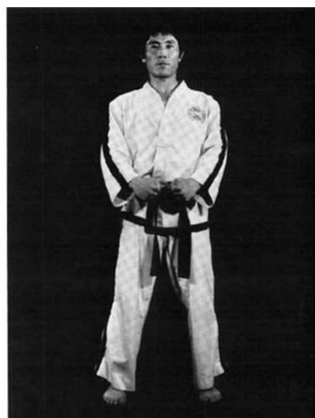
Keep the left heel slightly off the ground.



Application

281

END: Bring the left foot back to a ready posture.



Parallel ready stance toward D.



282

Previous Posture



Side View



283



This site is for personal use only and should not be shared.