

**Choong-Jang (Volume 12 145 to 256)**  
(index)

# **PATTERN CHOONG-JANG**

This pattern is practised by the 2nd degree and above.

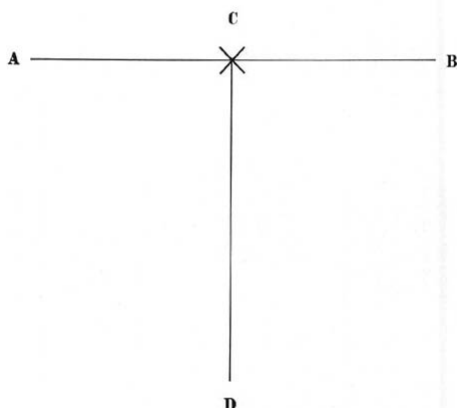
DIAGRAM: T

MOVEMENTS: 52

READY POSTURE: CLOSE READY STANCE A.

145

**DIAGRAM (Yon Moo Son)**



146

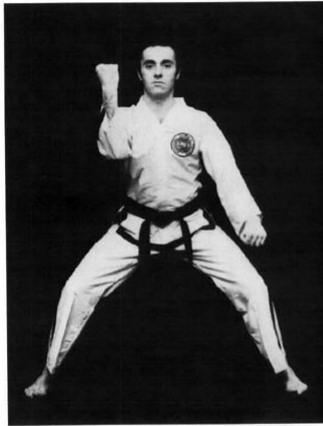
**Ready Posture**

**Close ready stance A toward D**



147

1. Move the right foot to A to form a sitting stance toward D while executing a high side front block with the right inner forearm and a low block with the left outer forearm.



Sitting stance toward D with a right inner forearm high side front block.

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Side View



Previous Posture



Keep the back forearm crossed in front of the solar plexus.



Application



Side View

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2. Execute a high side front block with the left inner forearm and a low block with the right outer forearm while maintaining a sitting stance toward D.



Sitting stance toward D with a left inner forearm high side front block.

Previous Posture



Raise the body slightly.



Application



Side View

150

151

3. Bring the right foot to the left foot forming a close stance toward D while executing an angle punch with the left fist.  
Perform in a slow motion.



Close stance toward D with a left fist angle punch.

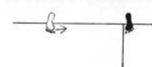
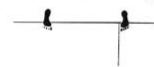


152

Top View



Previous Posture



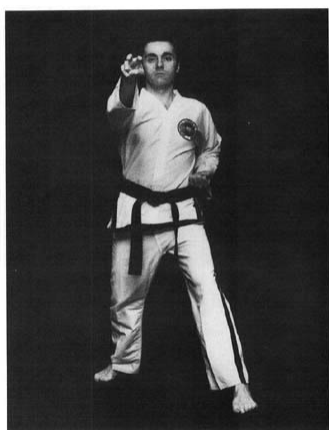
Application



Side View

153

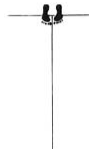
4. Move the left foot to D to form a left walking stance toward D while executing a high thrust to D with the right double finger.



Left walking stance high thrust with the right double finger toward D.



Previous Posture



Application



Side View

Side View



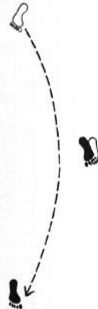
154

155

5. Move the right foot to D, forming a right walking stance toward D, at the same time executing a high thrust to D with the left double finger.



Right walking stance high thrust with the left double finger toward D.



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Previous Posture



157

6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.



Right walking stance front strike with the right back fist toward D.



Previous Posture



Application



Side View



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159

7. Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left forearm.



Left walking stance toward D with a left forearm rising block.



Application



Side View

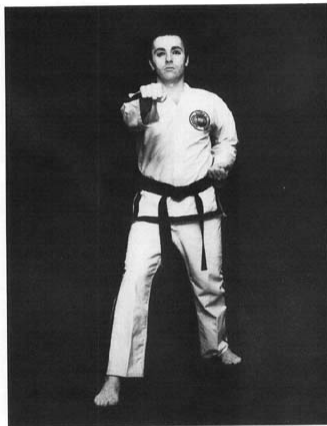
Previous Posture



160

161

8. Move the right foot to D to form a right walking stance toward D, at the same time executing a middle punch to D with the right fist.



Right walking stance middle punch with the right fist toward D.



Previous Posture



Application



Side View

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163

9. Move the right foot to C, turning counter-clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.



Right L-stance forearm middle guarding block toward D.



Previous Posture



Application



Side View

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165

10. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 9.



Low front snap kick to D with the right foot.



Previous Posture



Application



Side View

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167

11. Lower the right foot to D, forming a right low stance toward D while executing a high thrust to D with the right flat fingertip.



Right low stance high thrust with the right flat fingertip toward D.

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Previous Posture



Application



Side View

Side View



169

- 12 Execute a high turning kick to D with the right foot, supporting the body with both hands and the left knee.



High turning kick to D with the right foot.

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Application



Side View



Side View

171

13. Lower the right foot to D, and then execute a high punch to D with the right fist while pressing the ground with the left palm.



High punch to D with the right fist while pressing the ground with the left palm.

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Previous Posture



Application



Side View

Raise the left heel off the ground.



Side View

173

14. Move the left foot to D, turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.



Left L-stance forward C with a left side elbow thrust to D.

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Application



Side View

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15. Move the left foot to C, turning clockwise to form a left L-stance toward D, at the same time executing a middle guarding block to D with the forearm.



Left L-stance forearm middle guarding block toward D.

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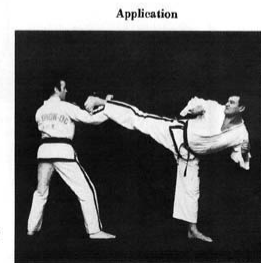
Previous Posture



Side View



Side View



Application

177

16. Move the right foot to C, forming a right L-stance toward D while executing a scooping block with the left palm.



Right L-stance toward D with a left palm scooping block.

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Side View



Side View



Application

179

17. Move the left foot to C, forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.



Left L-stance middle strike with the right knife-hand toward D.



Previous Posture



Keep the back forearms crossed in front of the left chest.

Application

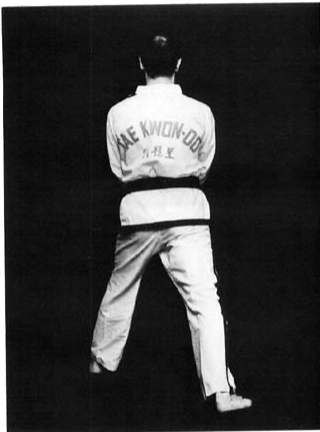


Side View

180

181

18. Execute a pressing block with an X-fist while forming a left walking stance toward C, pivoting with the right foot.



Left walking stance toward C with an X-fist pressing block.



Previous Posture



Application



Side View

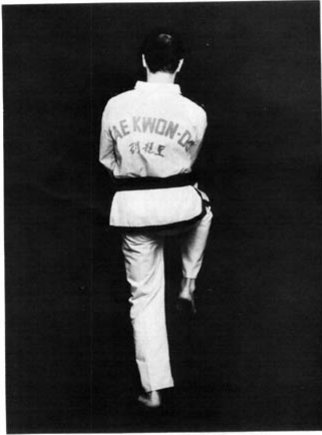
Other View



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183

19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.



Low front snap kick to C with the right knee, pulling both hands.

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Previous Posture



Other View



Application



Side View

185

20. 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.

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Application



Top View

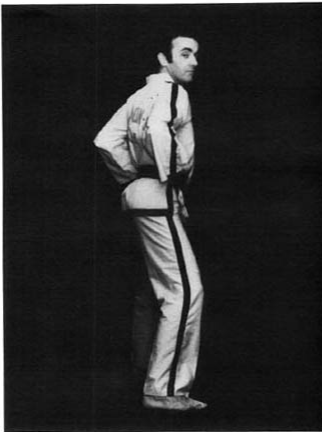


Side View



187

21. Move the right foot to D in a sliding motion to form a right L-stance toward C, while thrusting to D with the right side elbow.



Right L-stance toward C with a right side elbow thrust to D.



Previous Posture



Application



Side View

Keep both back fists faced upward.

Side View



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22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D, pivoting with the left foot.



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



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Application



Side View

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191

23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.



Middle side piercing kick to D with the right foot, pulling both hands.

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Previous Posture



Application



Side View



193

24. Lower the right foot to D, and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.



Right rear foot stance toward C with a twin palm pressing block.

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Application



Previous Posture



Other view

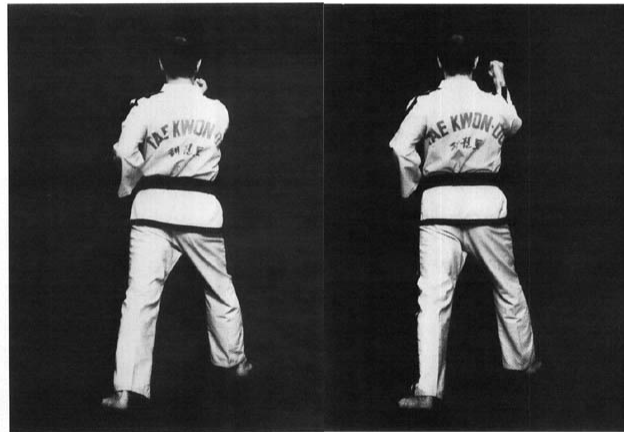


Side View



195

25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm, and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.

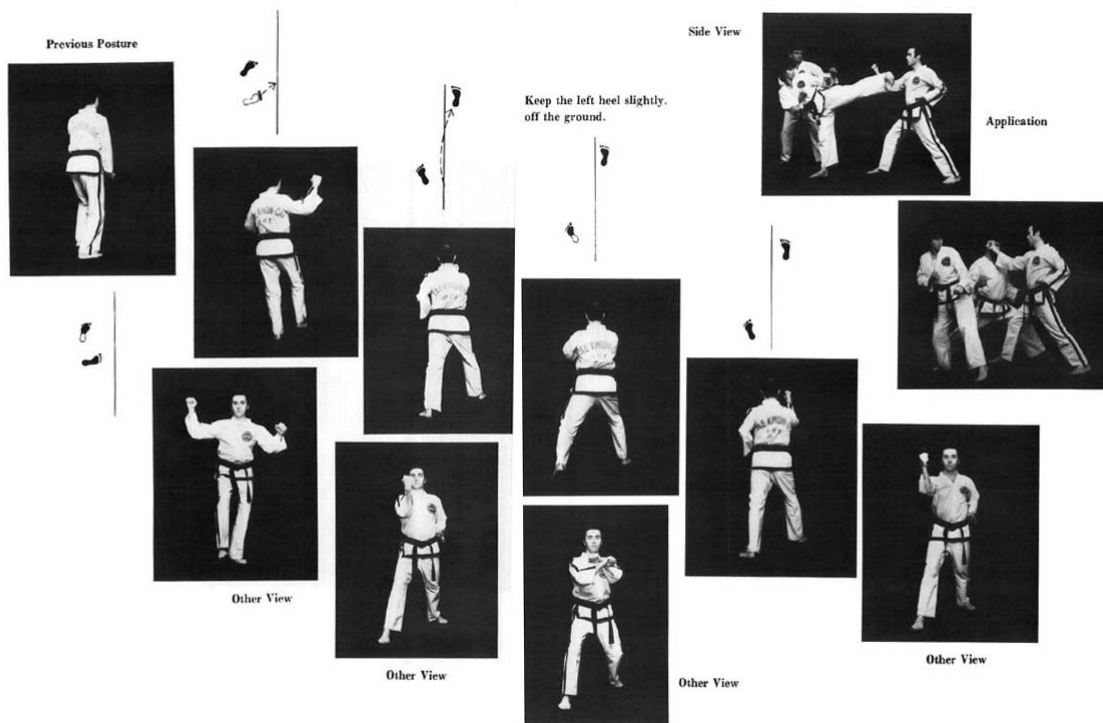


Right walking stance high front block with the right outer forearm toward C.

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

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199

26. Execute a high thrust to D with the left flat fingertip while forming a right L-stance toward D, pivoting with the right foot.



Right L-stance high thrust with the left flat fingertip toward D.



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Previous Posture



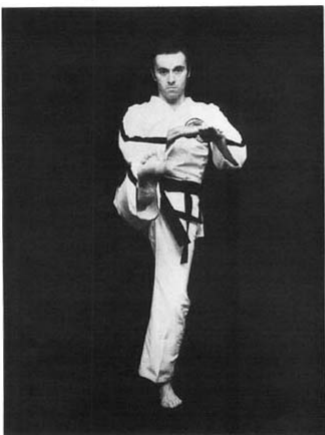
Application



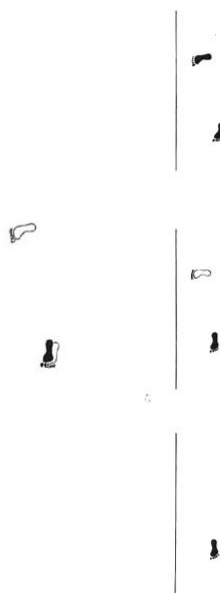
Side View

201

27. Execute a low front snap kick to D with the right foot while bringing the right palm on the left back forearm.



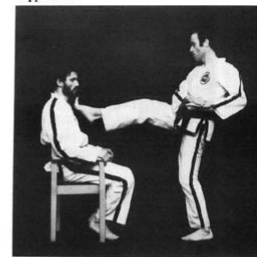
Low front snap kick to D with the right foot.



Previous Posture



Application



Side View

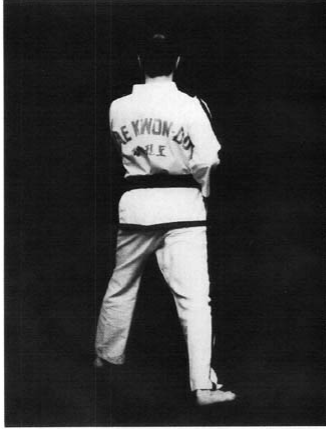


Side View

202

203

28. Lower the right foot to D to form a left walking stance toward C, pivoting with the left foot while bringing both fists to the right hip. Perform in a slow motion.



Left walking stance toward C, placing the left side fist on the right under fist.

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Previous Posture

Other View



205

29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.



Right L-stance toward C with a left back hand downward strike.



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Application



Top View



Side View

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30. Punch the left palm with the right fist while maintaining a right L-stance toward C.



Right L-stance middle punch with the right fist toward C.

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Application



Side View

Raise the body slightly.



Other View



Other View

209

31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.



Left L-stance toward C with a right back hand downward strike.

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Previous Posture



Other View



211

32. Punch the right palm with the left fist while maintaining a left L-stance toward C.



Left L-stance middle punch with the left fist toward C.

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Application



Raise the body slightly.



Side View

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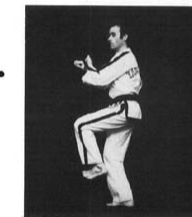
33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.



Right L-stance middle strike with the left knife-hand toward D.

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Previous Posture



Application



Side View

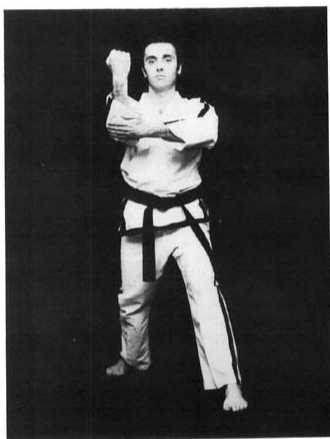
Keep the back forearms crossed in front of the right chest, placing the striking one under the other.

Side View



215

34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.



Left walking stance high side front strike with the right back fist toward D.

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Application



Top View

Side View



217

35. Move the right foot to D, forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.



Left L-stance middle strike with the right knife-hand toward D.

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Previous Posture



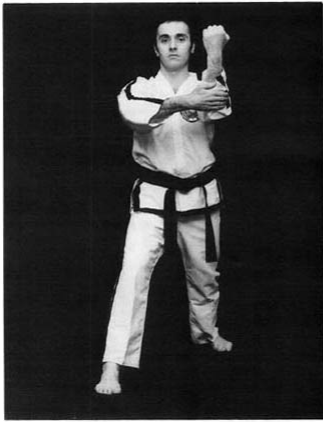
Keep the back forearms crossed in front of the left chest.



Application

219

36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.



Right walking stance high side front strike with the left back fist toward D.

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Previous Posture



Application



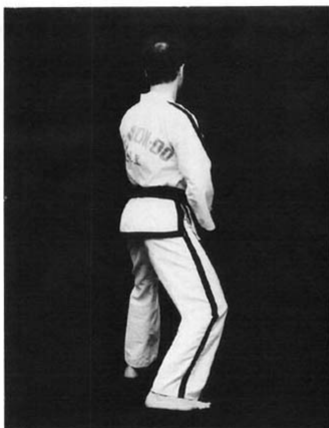
Side View

Top View



221

37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C, pivoting with the right foot.



Right L-stance reverse knife-hand low guarding block toward C.

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Previous Posture



Application



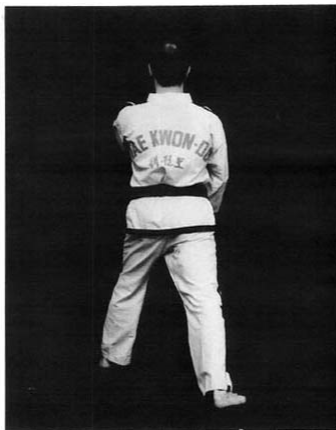
Top View

Other View



223

38. Execute a right 9-shape block while forming a left walking stance toward C, slipping the left foot.



Left walking stance toward C with a right 9-shape block.

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Previous Posture



Application



Side View

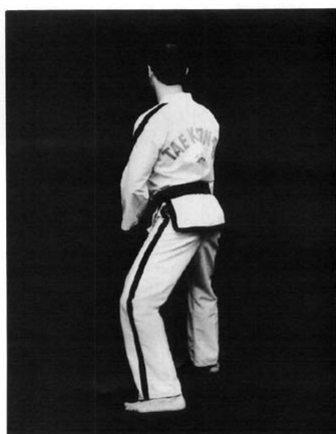


Other View



225

39. Move the right foot to C, forming a left L-stance toward C while executing a low guarding block toward C with a reverse knife-hand.



Left L-stance reverse knife-hand low guarding block toward C.

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Previous Posture



Application



Top View

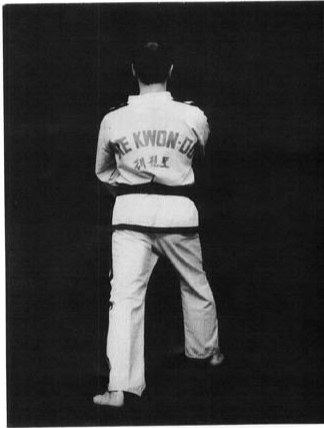


Side View



227

40. Execute a left 9-shape block while forming a right walking stance toward C, slipping the right foot.



Right walking stance toward C with a left 9-shape block.

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Previous Posture



Application



Side View



Side View

229

41. Move the right foot to D, forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.



Left walking stance toward C with a twin knife-hand horizontal strike.

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Previous Posture



Application



Other View

Keep both back fists faced the opponent.



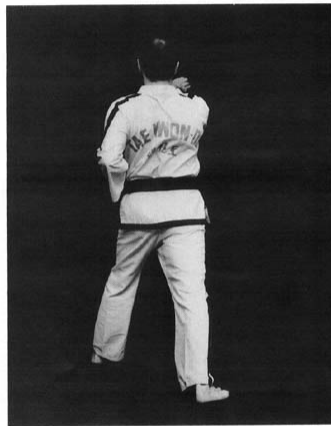
Side View



Side View

231

42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.



Left walking stance high strike with the right arc-hand toward C.

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Previous Posture



Application



Side View

Keep the right heel slightly off the ground.

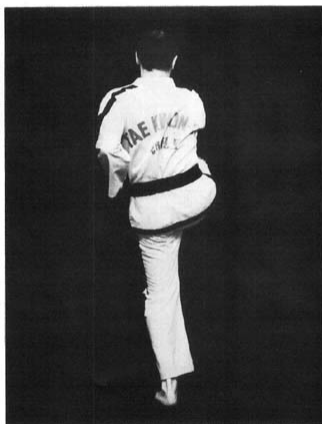


Side View



233

43. Execute a middle front snap kick to C with the right foot, keeping the position of the hands as they were in 42.



Middle front snap kick to C with the right foot.

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Previous Posture



Application



Side View

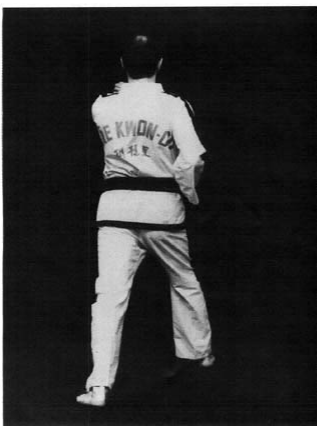


Other View



235

44. Lower the right foot to C, forming a right walking stance toward C while executing a high strike to C with the left arc-hand.



Right walking stance high strike with the left arc-hand toward C.

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Previous Posture

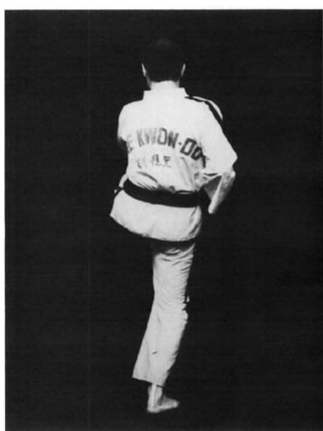


Other View



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45. Execute a middle front snap kick to C with the left foot, keeping the position of the hands as they were in 44.



Middle front snap kick to C with the left foot.

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Application



Previous Posture



Side View



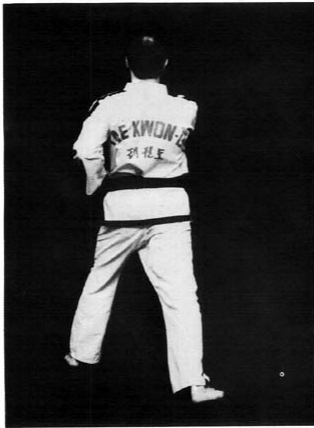
Side View



239



46. Lower the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the right fist.



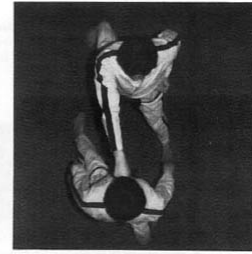
Left walking stance middle punch with the right fist toward C.

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Previous Posture



Application



Top View

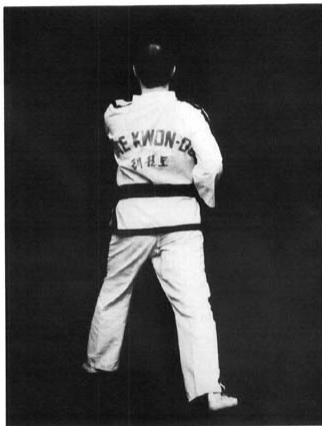


Other View



241

47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C. Perform 46 and 47 in a fast motion.



Left walking stance middle punch with left fist toward C.

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Previous Posture



Keep the right heel slightly off the ground.



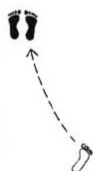
Side View

243

48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin fore-knuckle fist.



Close stance toward C with a twin fore-knuckle fist high crescent punch.



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Previous Posture



Application



Top View



Other View



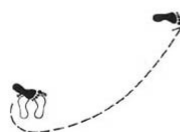
Other View

245

49. Move the left foot to B, turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.



Left walking stance low block with the right knife-hand toward B.



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Previous Posture



Application

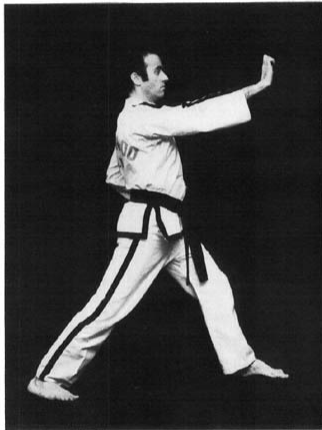


Other View



247

50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.



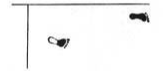
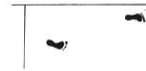
Left walking stance high punch with the right open fist toward B.

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Previous Posture



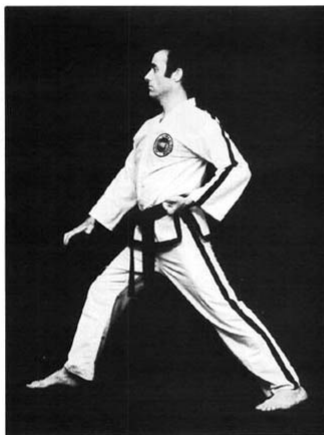
Keep the right heel slightly off the ground.



Application

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51. Move the left foot on line AB, forming a right walking stance toward A while executing a low block to A with the right knife-hand.



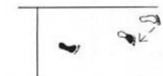
Right walking stance low block with the right knife-hand toward A.



Previous Posture



Keep the left heel slightly off the ground.



Application

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52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.



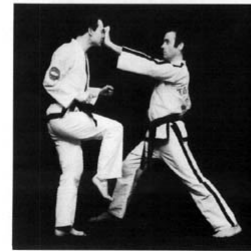
Right walking stance high punch with the right open fist toward A.

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Previous Posture



Keep the left heel slightly off the ground.



Application

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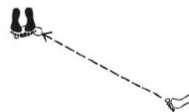
END: Bring the left foot back to a ready posture.



Close ready stance A toward D

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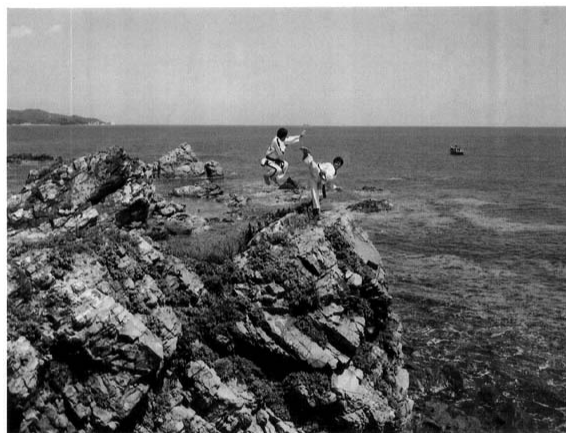
Previous Posture



Side View



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