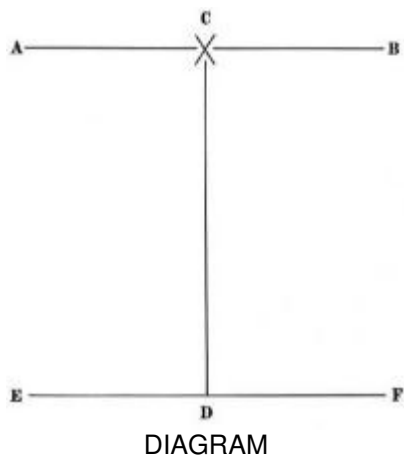


# PATTERN CHOONG-MOO

## *Choong-Moo Tul*



Parallel ready stance toward D.



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



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.



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



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



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.



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



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



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.



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.



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.



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.



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



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 to F with the right reverse knife-and, bringing the left back hand under the right elbow joint.



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



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



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



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



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 a U-shape block towards C.



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.



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.



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.



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.



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.



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.



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



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



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.



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



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.



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



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