

APPLICABLE TO 1st KUP STUDENTS

CHOONG-MOO

(30 movements)

Was the given name to the great *Admiral Yi Sun-Sin* of the *Yi Dynasty*. He was reputed to have invented the *first armoured battleship (Kobukson)* which was the *precursor to the present day submarine in 1592 A.D.* The reason this pattern *ends in a left hand attack* is to *symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.*

DEFENSIVE TECHNIQUES:

- 'X' Knifehand Checking Block - ***KYOCHA SONKAL MOMCHAU MAKGI***
Twin Palm Upward Block - ***DOO SONBADAK OLLYO MAKGI***

ATTACKING TECHNIQUES:

- Knifehand High Front Strike - ***SONKAL NOPUNDE AP TAERIGI***
Flying Side Kick - ***TWIMYO YOP-CHA JIRUGI***
Back Piercing Kick - ***DWITCHA JIRUGI***

NOTES:

1. Where applicable, the actual tool used is in brackets.
2. The word "Sogi" is used in the grammatically correct and shortened form "So".

WALKING STANCE Knifehand High Front Strike
GUNNUN SO Sonkal Napunde Ap Makgi

Flying Side Kick
Twimyo Yop-Cha Jirugi

WALKING STANCE Reverse Knifehand High Front Strike
GUNNUN SO Sonkal-Dung Napunde Ap Taerigi

SITTING STANCE Outer Forearm Middle Front Block
ANNUN SO Bakat Palmok Kaunde Ap Makgi

SITTING STANCE Back Fist High Side Strike
ANNUN SO Dung Joomuk Napunde Yop Taerigi

'L' STANCE 'X' Knifehand Checking Block
NIUNJA SO Kyocha Sonkal Momchau Makgi

WALKING STANCE Twin Palm Upward Block
GUNNUN SO Doo Sanbadak Ollyo Makgi

NOTES:

There are 24 Patterns (TUL) in Taekwon-Do. The reason for this is as follows;

*“Here I leave Taekwon-Do for mankind as a trace of man of the late 20th Century. The 24 patterns represent 24 hours, one day, or all of my life.” General Choi Hong Hi
(Founder of Taekwon-Do)*

BLACK Opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer’s imperviousness to darkness and fear.