

# CHOONG MOO TUL

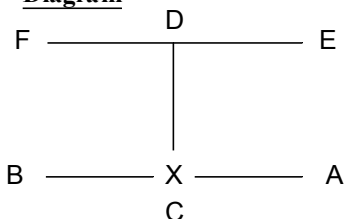
Junbi: Narani junbi sogi

30 Movements

## Definition:

Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine.

Diagram




The reason the pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king

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## START: Parallel Ready Stance

1. Move the left foot to B, forming a right L-stance toward B while executing a twin knifehand block.
2. Move the right foot to B, forming a right walking stance B while executing a high front strike to B with the right knifehand 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 knifehand.
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 knifehand.
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 soon after moving it to D 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 to E.
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 left reverse knifehand, 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 U-shape block toward 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 knifehand.
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 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 checking block to B with an X-knifehand 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 a twin palm.

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29. Move the left foot on line AB and then execute a rising block 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 Parallel Ready Stance**



	<b>Stance</b>	<b>Section</b>	<b>Obverse/ Reverse</b>	<b>Technique</b>
1	Niunja sogi	-	-	Sang sonkal makgi
2	Gunnun sogi	Nopunde	Baro	Sonkal ap taerigi
3	Niunja sogi	Kaunde	-	Sonkal daebi makgi
4	Gunnun sogi	Nopunde	Baro	Opun sonkut tulgi
5	Niunja sogi	Kaunde	-	Sonkal daebi makgi
6	Goburyo sogi (A)	-	-	-
7	-	-	-	Yop cha jurigi
8	Niunja sogi	Kaunde	-	Sonkal daebi makgi
9	-	-	-	Twimyo yop cha jurigi
10	Niunja sogi	Najunde	Bandae	Bakuro bakat palmok makgi
11	Niunja sogi	Nopunde	-	Mori butjaba
12	-	-	-	Wi moorup taerigi
13	Gunnun sogi	Nopunde	Baro	Sonkal dung taerigi
14	-	Nopunde	-	Dollyo chagi
15	-	Kaunde	-	Dwi cha jurigi
16	Niunja sogi	Kaunde	-	Palmok daebi makgi
17	-	Kaunde	-	Dollyo chagi
18	Gojung sogi	-	-	Digitja makgi
19	Niunja sogi (Twigi)	Kaunde	-	Sonkal daebi makgi
20	Gunnun sogi	Najunde	Bandae	Dwijibun sonkut taerigi
21	Niunja sogi	Najunde	Bandae	Bakuro bakat palmok makgi
	(Linked move)	Nopunde	Baro	Yop dung joomuk taerigi
22	Gunnun sogi	Kaunde	Baro	Sun sonkut tulgi
23	Gunnun sogi	Nopunde	Baro	Doo palmok makgi
24	Annun sogi	Kaunde	-	Annuro bakat palmok makgi
	(Linked move)	Nopunde	-	Yop dung joomuk taerigi
25	-	Kaunde	-	Yop cha jurigi
26	-	Kaunde	-	Yop cha jurigi
27	Niunja sogi	Kaunde	-	Kyocha noollo makgi
28	Gunnun sogi	-	-	Ollyo sang sonbadak makgi
29	Gunnun sogi	Nopunde	Baro	Chookyo makgi
30	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi

**Blocks**

Twin knifehand block  
Knifehand guarding block  
Outer forearm block  
Forearm guarding block  
U-Shape block  
Double forearm block  
X Pressing block  
Twin upward palm block  
Rising block

**Makgi**

Sang sonkal makgi 1  
Sonkal daebi makgi 3, 5, 8, 19  
Bakat palmok makgi 10, 21, 24  
Palmok daebi makgi 16  
Digutja makgi 18  
Doo palmok makgi 23  
Kyocho noollo makgi 27  
Ollyo sang sonbadak makgi 28  
Chookyo makgi 29

**Move  
number****Punches**

Forefist punch

**Jurigi**

Ap joomuk jurigi 30

**Strikes**

Knifehand front strike  
Upward knee strike  
Reverse knifehand strike  
Side backfist strike

**Taerigi**

Sonkal ap taerigi 2  
Wi moorup taerigi 12  
Sonkal dung taerigi 13  
Yop dung joomuk taerigi 21, 24

**Thrusts**

Upward fingertip thrust  
Head grab  
Upset fingertip thrust  
Straight fingertip thrust

**Tulgi**

Opun sonkut tulgi 4  
Mori butjaba 11  
Dwijibun sonkut taerigi 20  
Sun sonkut tulgi 22

**Kicks**

Side piercing kick  
Flying side piercing kick  
Turning Kick  
Back piercing kick

**Chagi**

Yop cha jurigi 7, 25, 26  
Twimyo yop cha jurigi 9  
Dollyo chagi 14, 17  
Dwi cha jurigi 15

**Stances**

Parallel ready stance  
L-Stance  
Walking stance  
Bending ready stance (A)  
Sitting stance

**Sogi**

Narani junbi sogi  
Niunja sogi  
Gunnun sogi  
Goburyo sogi (A)  
Annun sogi