

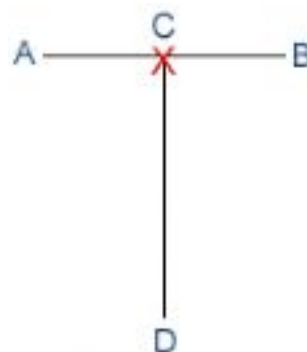


CHOONG-JANG

CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Movements - 52

Ready Posture - CLOSED READY STANCE A



- 1 Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
- 2 Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
- 3 Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
- 4 Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
- 5 Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
- 6 Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
- 7 Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
- 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.
- 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.
- 10 Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
- 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 finger tip.

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TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

- 12 Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
- 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.
- 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.
- 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.
- 16 Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
- 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.
- 18 Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
- 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.
- 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.
- 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.
- 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.
- 23 Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.
- 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.
- 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.
- 26 Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot.
- 27 Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.
- 28 Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.
- 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.



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- 30 Punch the left palm with the right fist while maintaining a right L-stance toward C.
- 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.
- 32 Punch the right palm with the left fist while maintaining a left L-stance toward C.
- 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.
- 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.
- 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.
- 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.
- 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.
- 38 Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.
- 39 Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.
- 40 Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
- 41 Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.
- 42 Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.
- 43 Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.
- 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.
- 45 Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.
- 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.
- 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.
- 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 for-knuckle fist.



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- 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.
- 50 Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.
- 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.
- 52 Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.
- END: Bring the left foot back to a ready posture.