

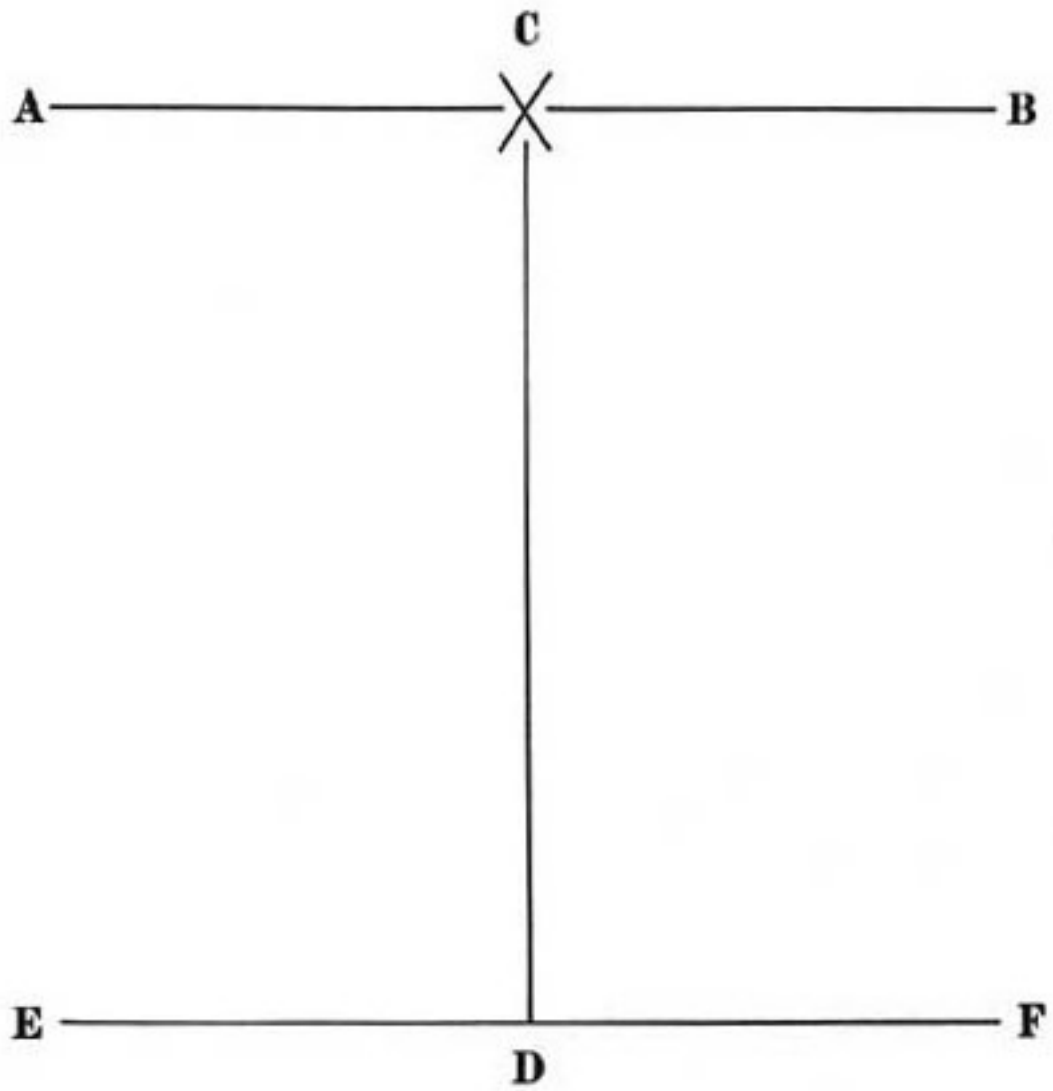
# PATTERN CHOONG-MOO

DIAGRAM: 

MOVEMENTS: 30

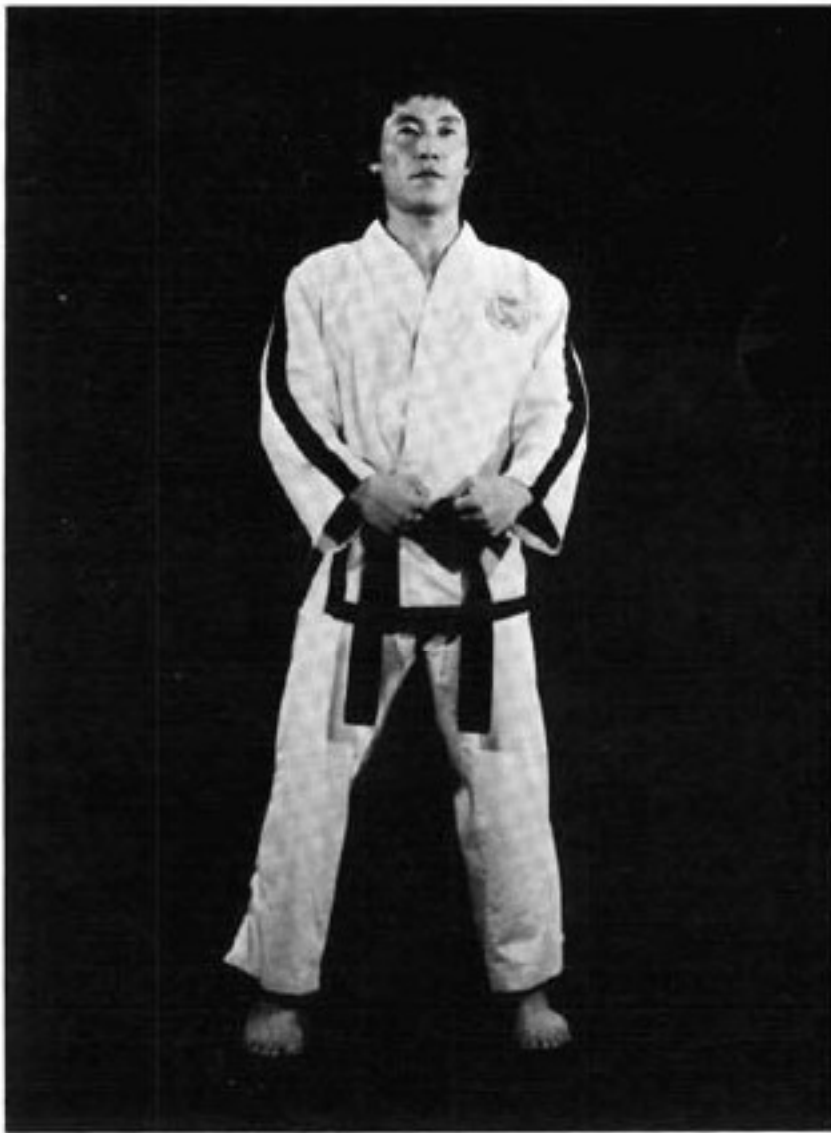
READY POSTURE: PARALLEL READY STANCE

**DIAGRAM** (*Yon Moo Son*)



**Ready Posture** (*Junbi Jase*)

**Parallel ready stance toward D.**



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



Right L-stance twin knife-hand block toward B.



Previous Posture



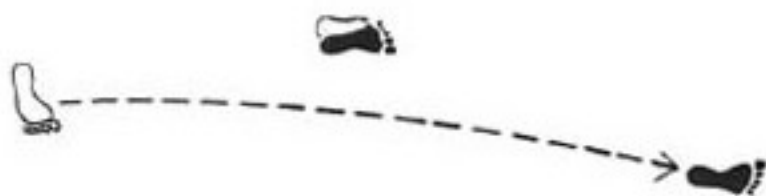
Top View



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.



Right walking stance knife-hand front strike toward B.



Previous Posture



Front View



Application

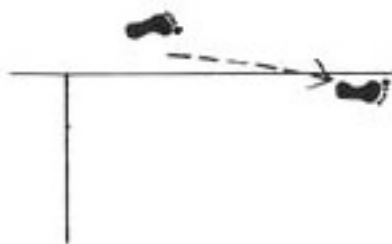
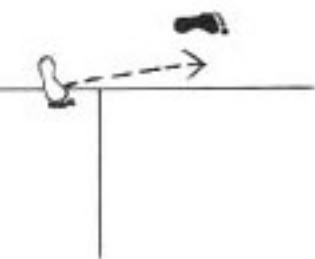


Side View

Application

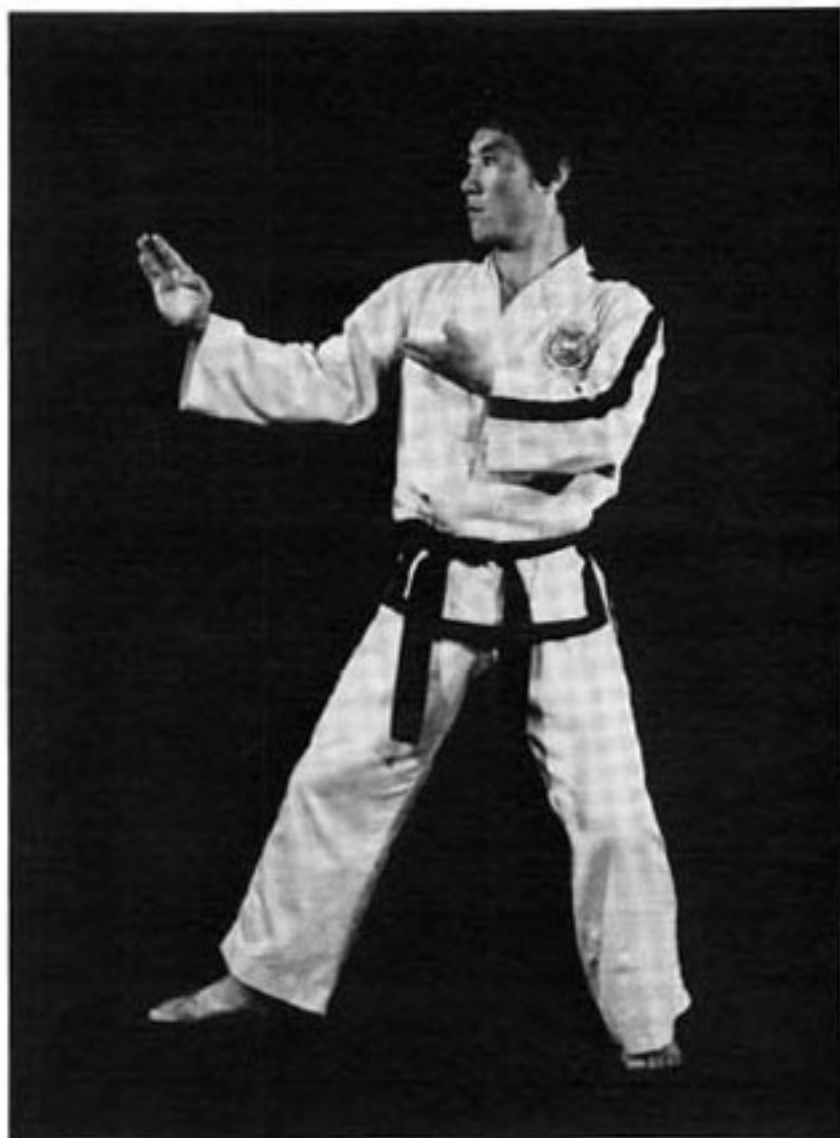


Top View



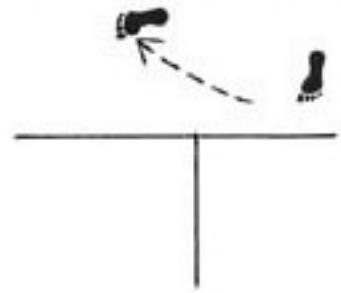
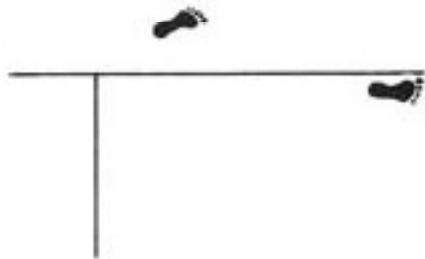
3. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

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





Previous Posture



Application

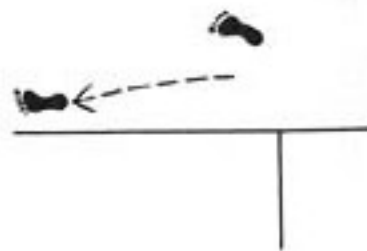
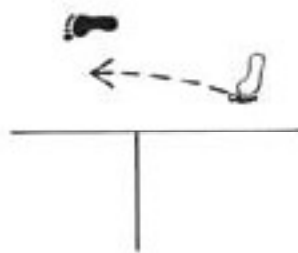


4. Move the left foot to A, forming a left walking stance toward A while executing a high thrust to A with the left flat fingertip.

Left walking stance high thrust with the left flat fingertip toward A.



**Previous Posture**



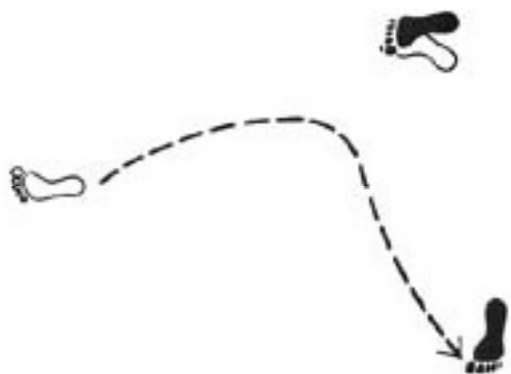
**Application**

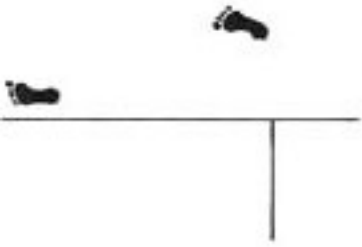


5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

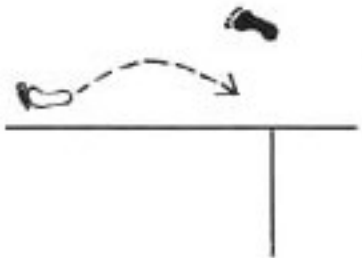


Right L-stance knife-hand middle guarding block toward D.





**Previous Posture**



**Application**



**Side View**



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



Left bending ready stance A toward C.

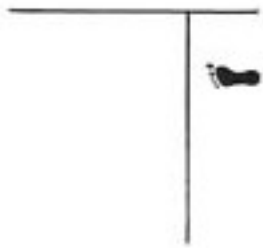
Previous Posture



Side View



Application



Top View

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



Middle side piercing kick to C  
with the right foot.





**Application**

**Previous Posture**



**Side View**



**Side View**



**Side View**



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.



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



**Previous Posture**



**Application**



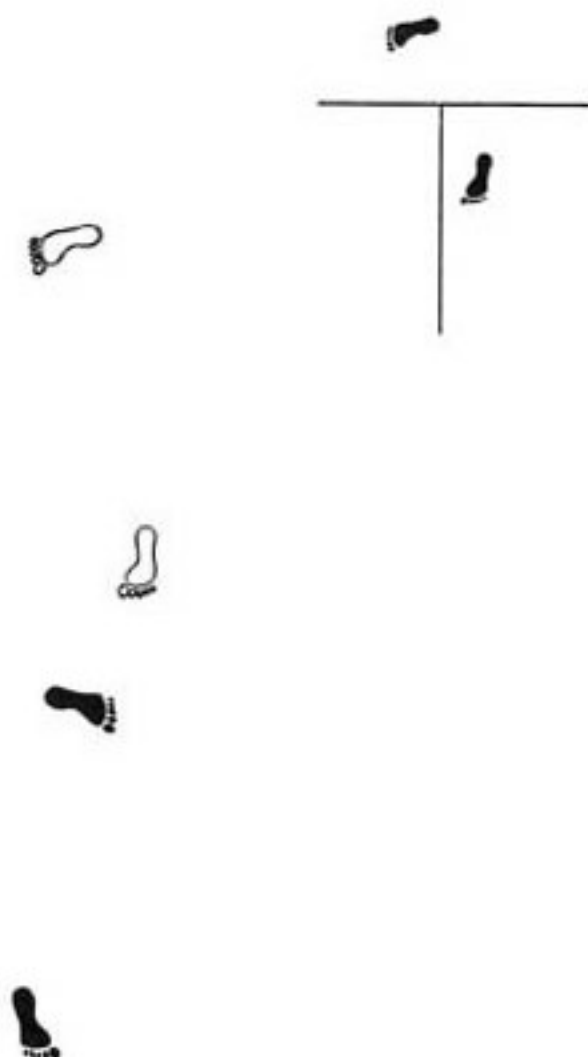
**Side View**



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.



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



Previous Posture

Application



Side View



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.



Right L-stance low block with the left forearm toward E.



**Previous Posture**



**Application**



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.

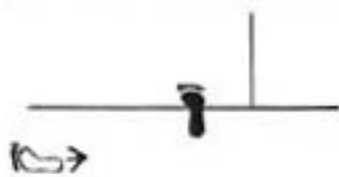


Left walking stance with both hands extended toward E.





Previous Posture



Application



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



Upward kick with the right knee toward E.



Top View



Previous Posture



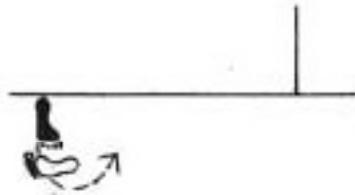
Application

13. Lower the right foot to the left foot and then move the left foot to F, forming a left walking stance while executing a high front strike toward F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.



Left walking stance high front strike with the right reverse knife-hand toward DF.





Keep the right foot slightly off the ground.

Application



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



High turning kick with the right foot to DF.



Previous Posture



Application



Top View

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



Middle back piercing kick to F with the left foot.



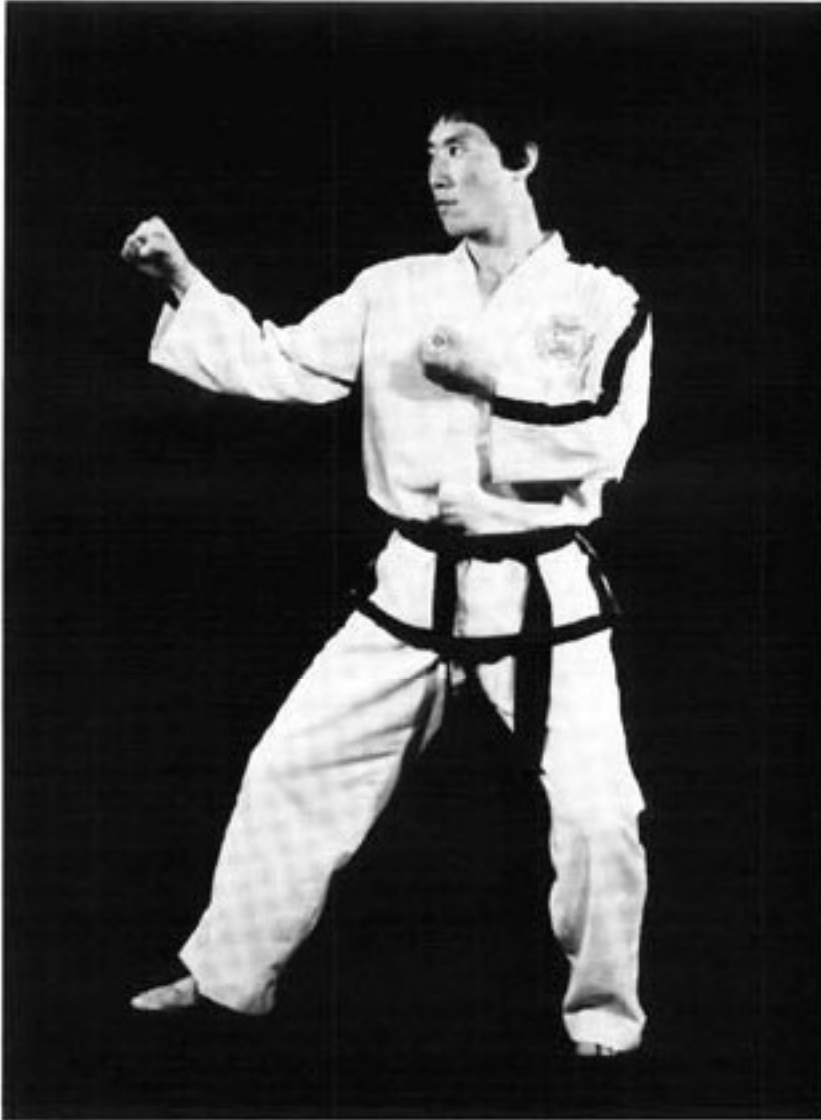
**Previous Posture**



**Application**



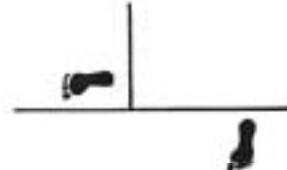
16. Lower the left foot to F, forming a left L-stance toward E while executing a middle guarding block to E with the forearm.



Left L-stance forearm middle guarding block toward E.

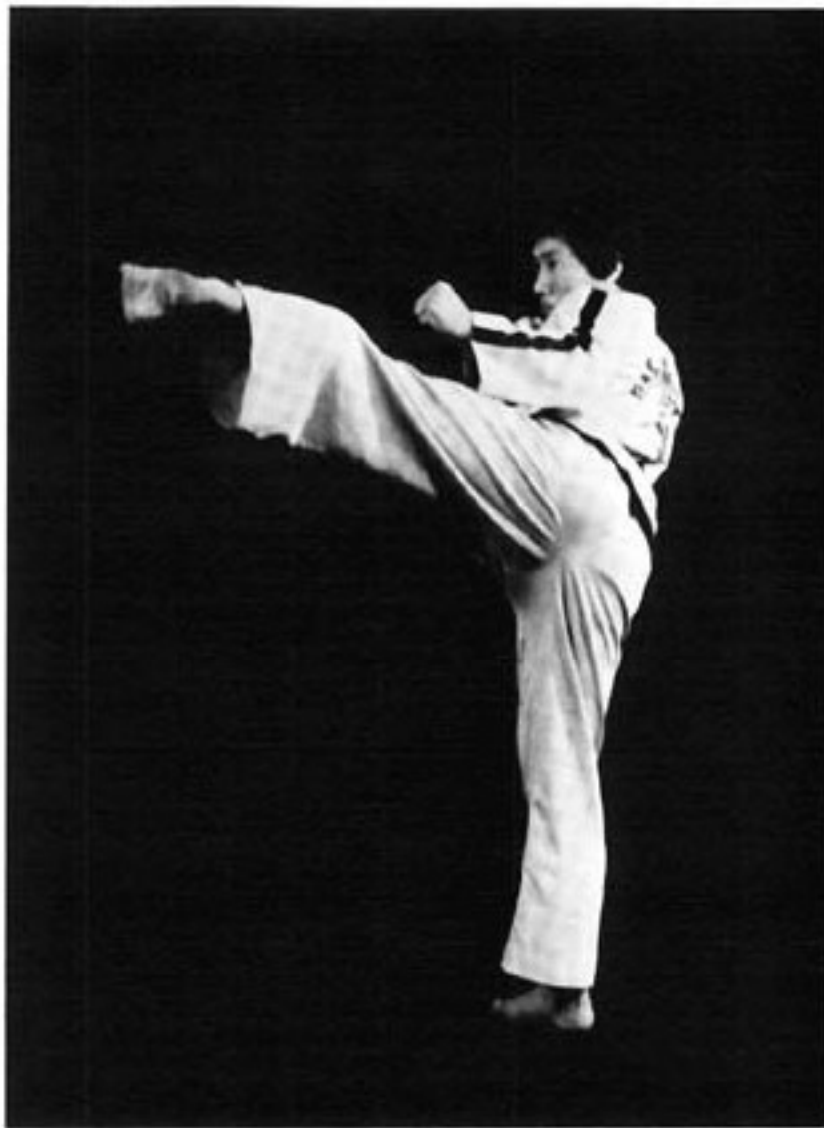


### Previous Posture



### Application

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



Middle turning kick to DE with the left foot.



**Previous Posture**

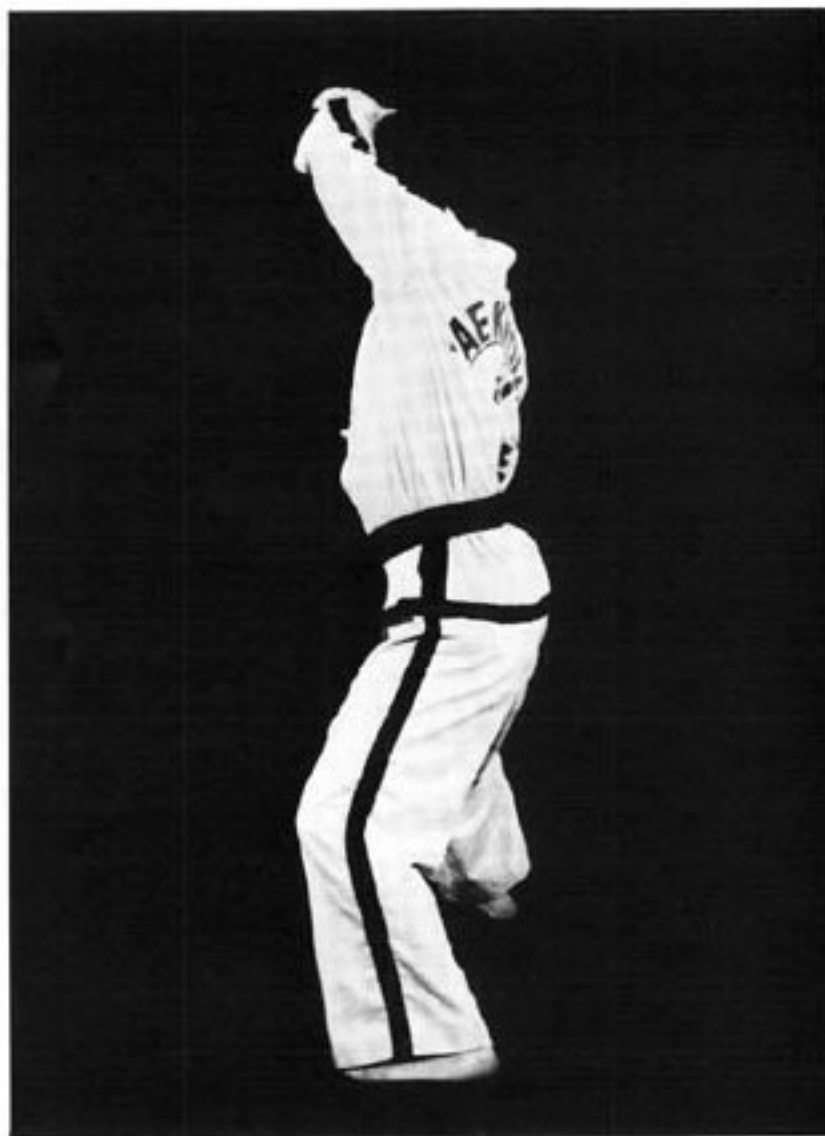


**Top View**



**Application**

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 an U-shape block toward C.



Right fixed stance U-shape block toward C.

**Previous Posture**



**Application**



**Side View**

**Keep the left heel slightly off the ground.**

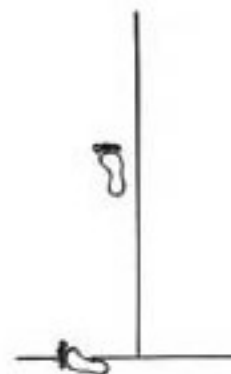
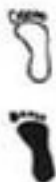
**Side View**



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.



Left L-stance middle guarding block with a knife-hand toward C.





Application

Previous Posture



Side View

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.



Left walking stance low thrust with the right upset fingertip toward C.

**Application**



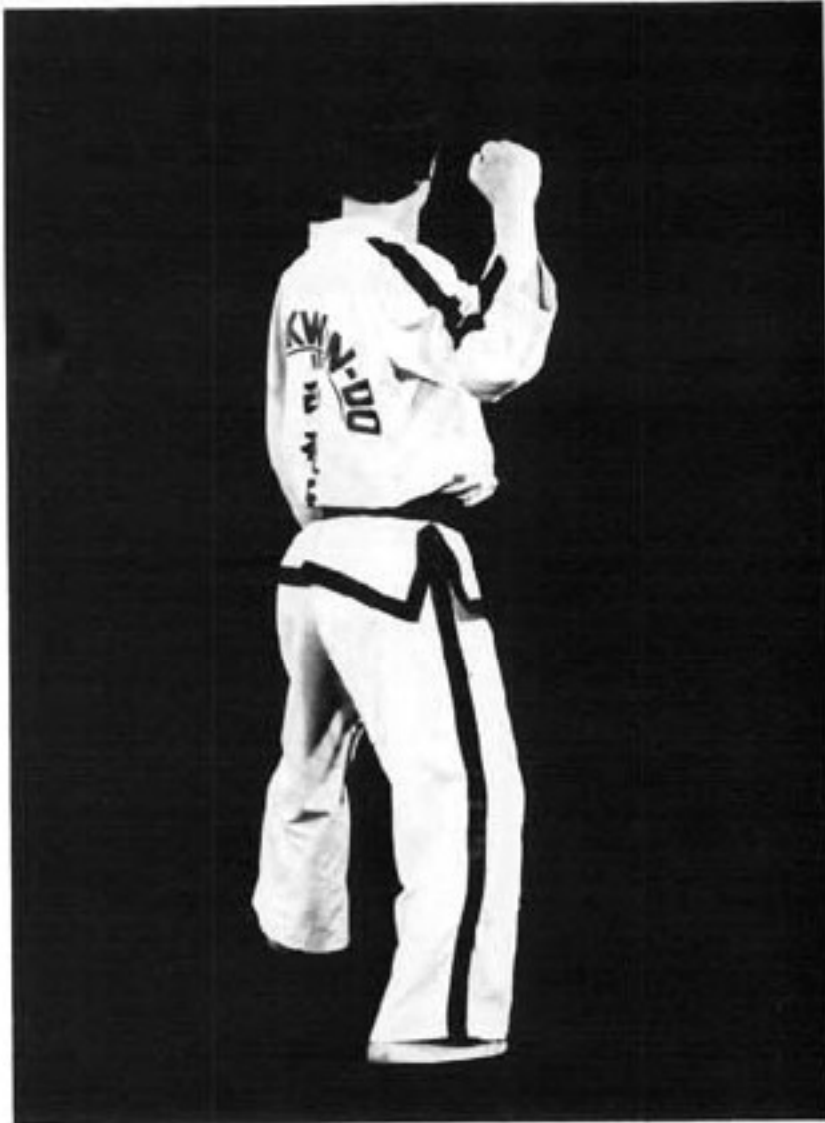
**Side View**

**Other View**

**Previous Posture**



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.



Right L-stance side back strike to D with the right back fist.

Previous Posture



Application



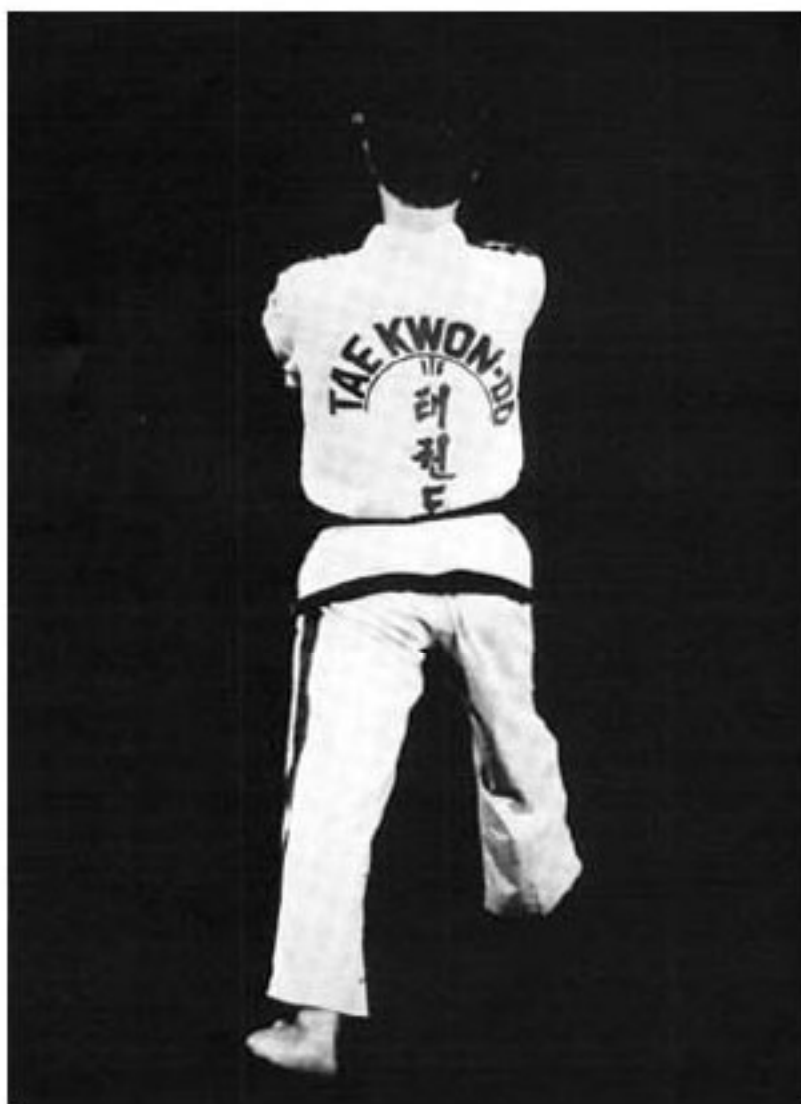
Side View



Side View



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.



Right walking stance middle thrust with the right straight fingertip toward C.

**Application**



**Side View**

**Previous Posture**



**Other View**



Previous Posture



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.

Left walking stance high block with a left double forearm toward B.





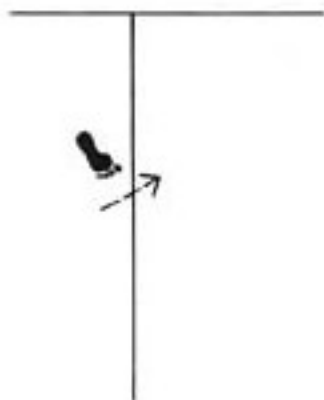
Keep both back fists facing upward.



Application



Side View

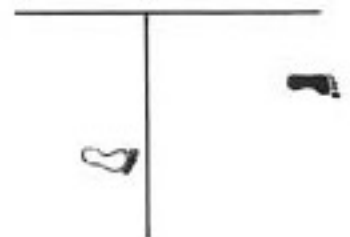


24. Move the right foot to B, forming a sitting stance toward C while executing a middle front block to C with the right forearm, and then a high side strike to B with the right back fist.

Previous posture



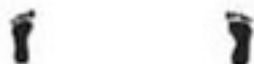
Sitting stance high side strike with the right back fist toward C.



**Other View**



**Raise the body slightly.**



## Application of No. 24

Side View



Side View



Top View



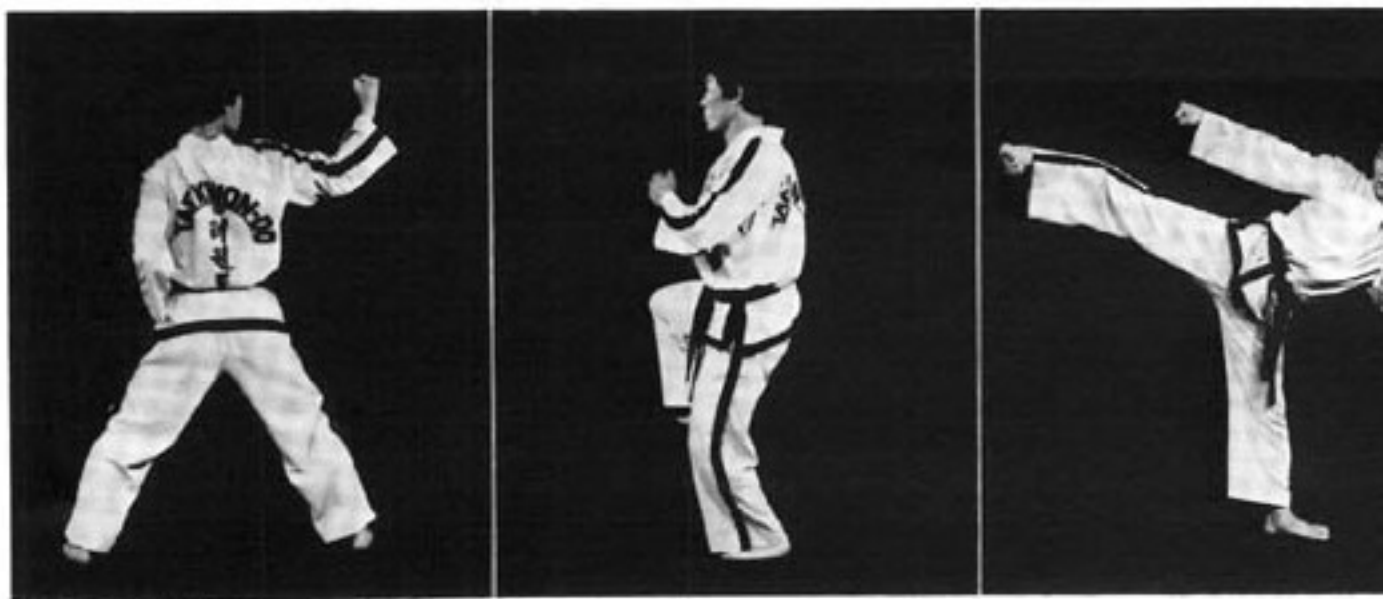
25. Execute a middle side piercing kick to A with the right foot, turning counter-clockwise and then lower it to A.



Middle side piercing kick to A with the right foot.



**Previous Posture**

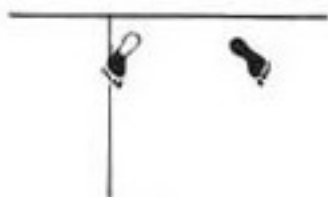


**Application**





**Keep the right heel slightly off the ground.**



**Application**



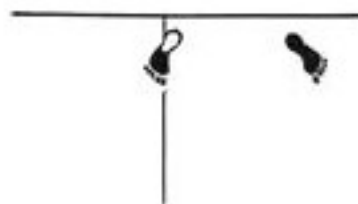
26. Execute a middle side piercing kick to A with the left foot turning clockwise.



Middle side piercing kick to A with the left foot.

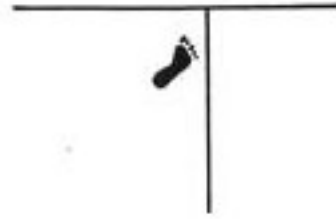
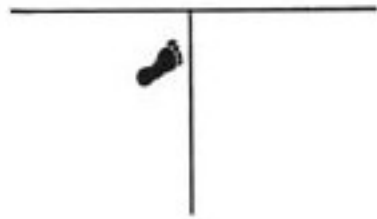
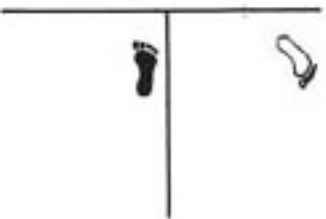


Previous Posture





**Application**



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.

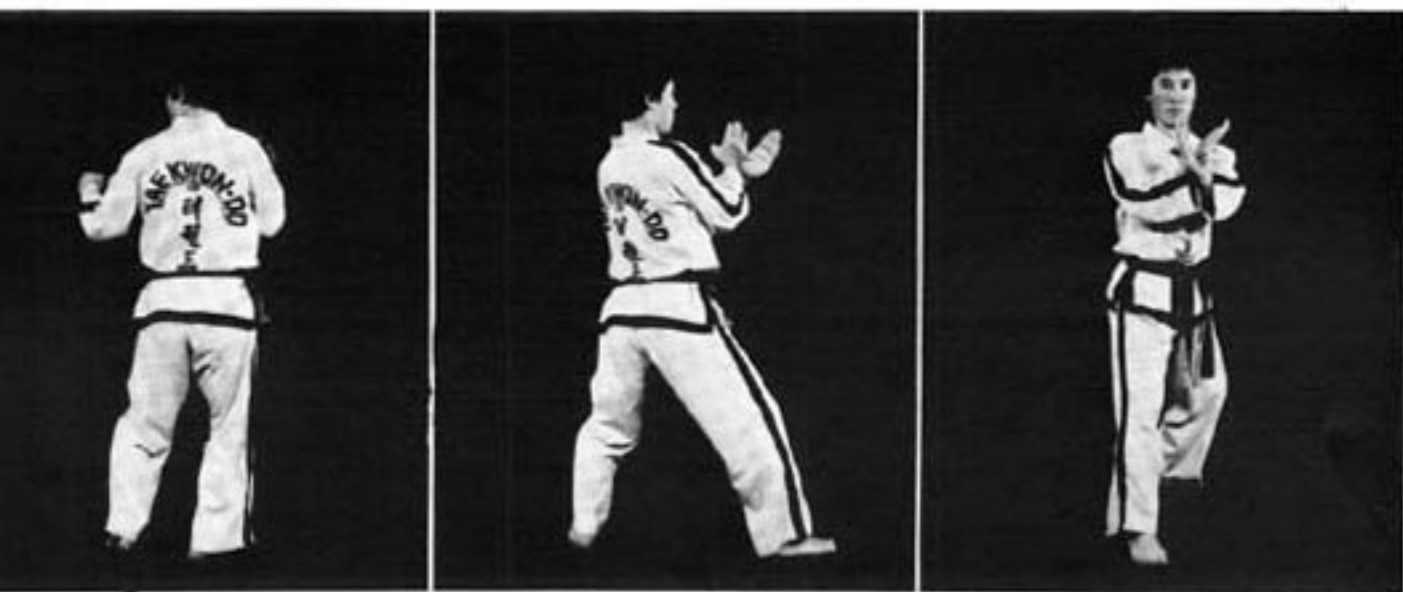


Left L-stance middle block with an X-knife-hand toward B.



Previous Posture





Front View



Blocking



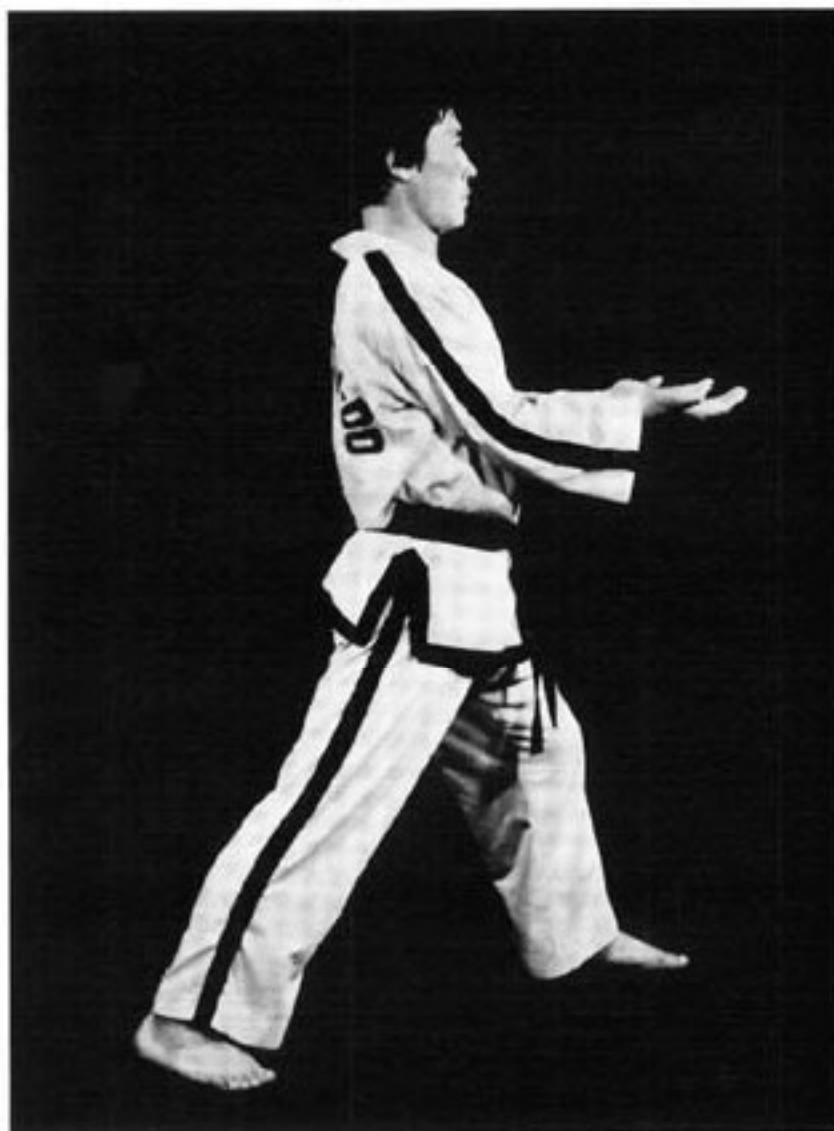
Pulling

Application

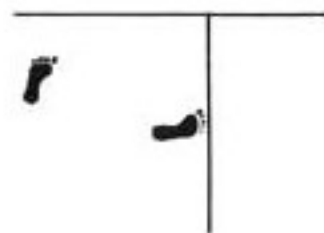


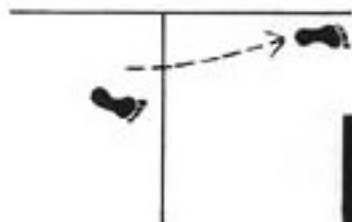
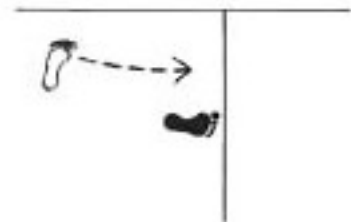
28. Move the left foot to B, forming a left walking stance toward B while executing an upward block to B with both palms.

Left walking stance upward block with both palms toward B.



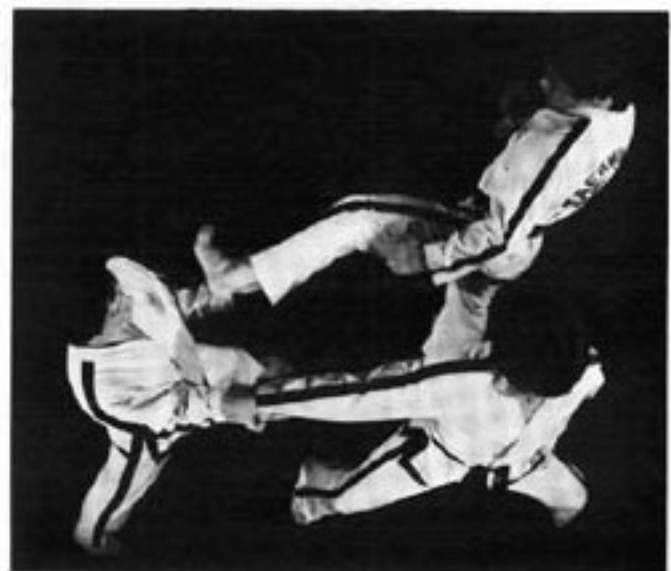
Previous Posture





Top View

Application



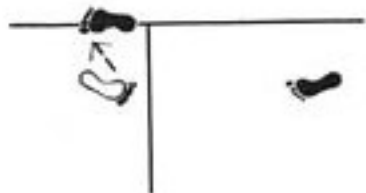
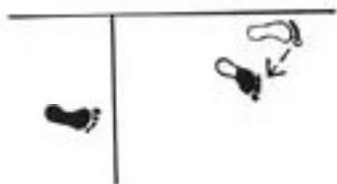
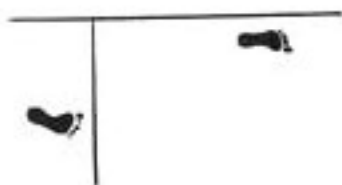
29. Move the left foot on line AB and then execute a rising block to A with the right forearm while forming a right walking stance toward A.



Right walking stance rising block with a right forearm toward A.



**Previous Posture**



**Application**



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



Right walking stance middle punch with the left fist toward A.





**Previous posture**

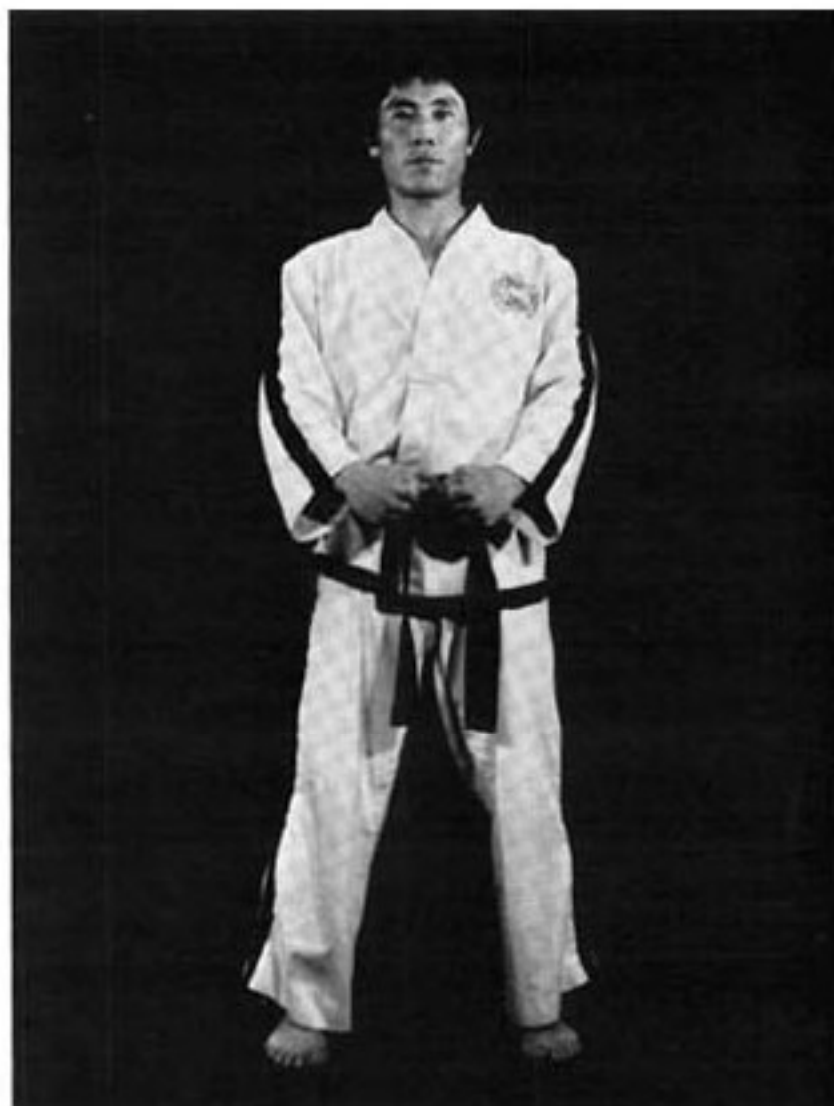


**Keep the left heel slightly off the ground.**



**Application**

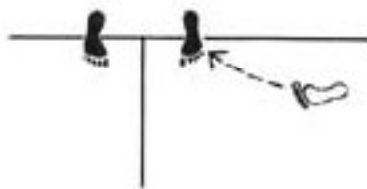
**END: Bring the left foot back to a ready posture.**



**Parallel ready stance toward D.**



**Previous Posture**



**Side View**

