



West Coast Taekwondo

Gary & Lynn Williams, Owner/Senior Instructors — 714.505.3220

2nd Degree Black Belt Pattern CHOONG-JANG (54 movements)

Choong-Jang is the pseudonym given to General Kim Duk Ryang, who lived during the Yi Dynasty, 14th century. The 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.

	Ready Stance B	
1	Right Inner Forearm Block / Left Low Block	Sitting Stance
2	Left Inner Forearm Block / Right Low Block	Sitting Stance
3	Left Horizontal Punch (Medium)	Closed Stance
4	Right Reverse Two Finger Strike High	Left Front Stance
5	Left Reverse Two Finger Strike High	Right Front Stance
6	Right Backfist High (Left fist under right elbow)	Right Front Stance
7	Left High Block	Left Front Stance
8	Right Punch High	Right Front Stance
9	Left Double Fist Block	Left Back Stance
10	Right #2 Front Kick	
11	Right Spearhand High	Right Front Stance
12	Right Drop Round Kick	
13	Right Punch High (Yell)	Right Kneeling Stance (left knee on the floor)
14	Left Reverse Backward Elbow Strike (Direction of slide)	Right Back Stance
15	Right Double Fist Block	Right Back Stance
16	Left Palm Heel Upset Block High	Left Back Stance
17	Right Knifehand Strike High	Right Back Stance
18	Left X Block Low	Left Front Stance
19	Right Knee Strike Low (Yell)	
20	Left Double Knifehand Block	Left Back Stance
21	Right Reverse Backward Elbow Strike (Direction of slide)	Left Back Stance
22	Right Double Knifehand Block	Right Back Stance
23	Right #1 Side Kick	
24	Twin Pressing Block Low	Left Cat Stance
25	Right Outside Block (Left fist under right elbow)	Right Front Stance
26	Right Backfist High	Right Front Stance
27	Left Spearhand High	Left Back Stance
28	Right Hand Grab	Left Back Stance
29	Right #2 Front Kick	
30	Left Horizontal Punch (Medium)	Left Front Stance
31	Left Leg Stretch / Left Back Hand High	Left Back Stance
32	Right Reverse Horizontal Punch (To left palm)	Left Back Stance
33	Right Leg Stretch / Right Back Hand High	Right Back Stance
34	Left Reverse Horizontal Punch (To right palm)	Right Back Stance

35	Left Leg Stretch / Left Knifehand Strike High	Left Back Stance
36	Right Reverse Vertical Elbow Strike (To left palm)	Left Front Stance
37	Right Leg Stretch / Right Knifehand Strike High	Right Back Stance
38	Left Reverse Vertical Elbow Strike (To right palm)	Right Front Stance
39	Left Circular Double Ridgehand Block Low	Left Back Stance
40	Right Reverse 9 Block	Left Front Stance
41	Right Circular Double Ridgehand Block Low	Right Back Stance
42	Left Reverse 9 Block	Right Front Stance
43	Twin Knifehand Strike High (Yell)	Left Front Stance
44	Right Reverse Arc Hand Grab High	Left Front Stance
45	Right #2 Front Kick	
46	Left Reverse Arc Hand Grab High	Right Front Stance
47	Left #2 Front Kick	
48	Right Reverse Punch High	Left Front Stance
49	Left Punch High	Left Front Stance
50	Twin Inverted Punch High (Medium)	Closed Stance
51	Left Knifehand Block Low	Left Front Stance
52	Right Reverse Palm Heel Strike High	Left Front Stance
53	Right Knifehand Block Low	Right Front Stance
54	Left Reverse Palm Heel Strike High	Right Front Stance