



West Coast Taekwondo

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Red Belt Pattern

CHOONG-MOO (31 movements)

The name given to the great Admiral Hi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (kobukson) which was the precursor to the present day submarine (in 1592 A.D). This pattern ends with a left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.

	Ready Stance A	
1	Left Knifehand Square Block	Left Back Stance
2	Right Outside Knifehand Strike High / Left Reverse Knifehand High Block	Right Front Stance
3	Right Double Knifehand Block	Right Back Stance
4	Left Spearhand High	Left Front Stance
5	Left Double Knifehand Block	Left Back Stance
6	Right #2 Side Kick	
7	Left Double Knifehand Block	Left Back Stance
8	Right Running Jump #2 Side Kick (Yell)	
9	Right Double Knifehand Block	Right Back Stance
10	Left Low Block	Left Back Stance
11	Twin Grab High	Left Front Stance
12	Right Knee Strike	
13	Right Reverse Ridge Hand Strike High	Left Front Stance
14	Right #2 Round Kick	
15	Left Spin Side Kick	
16	Right Double Fist Block	Right Back Stance

STRIPES:

Black	I Wills (for Junior Students)
Yellow	Joong-Gun
Green	60 Jump Spin Side Kick, 360 Jump Spin Outside Crescent, 360 Jump Round Kick, #1 Hook/Round/Round Combo, Board Breaks
Blue	Choong-Moo Half Form, Name of Form, Number of Moves & Meaning