



West Coast Taekwondo

Gary & Lynn Williams, Owner/Senior Instructors — 714.505.3220

Red Senior 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
17	Left #2 Round Kick	
18	Right C- Block	Right Back Stance
19	Jump 360° / Right Double Knifehand Block	Right Back Stance
20	Right Reverse Spearhand Low	Left Front Stance
21	Left Low Block / Right Reverse Backfist High	Left Back Stance
22	Right Spearhand Middle	Right Front Stance
23	Left Double Inner Forearm Block	Left Front Stance
24	Right Outside Block / Left Fist Under Right Elbow	Sitting Stance
25	Right Backfist High	Sitting Stance
26	Right #2 Side Kick	
27	Left #2 Side Kick	
28	Right Knifehand X-Block Middle	Right Back Stance
29	Twin Palm Upset Strike High	Left Front Stance
30	Right High Block	Right Front Stance
31	Left Reverse Punch High (Yell)	Right Front Stance

STRIPES:

Black	I Wills (for Junior Students)
Yellow	Ki-Bon, Dan-Gun, Do-San, Won-Hyo
Green	Yul-Guk, Joong-Gun, Board Breaks
Blue	Hwa-Rang, Choong-Moo Full Form, Name of Form, Number of Moves & Meaning
Red	Free spar with 360 Kicks & Front/Hook/Round/Round Combo