

1st Kup - Red Belt / Black Stripe

Choong Moo

Number of movements: 30

Starting position: Parallel Ready (Narani Chunbi Sogi).

Meaning of Pattern: Choong Moo was the given name to the great admiral Yi Sun Sin of the Yi dynasty. He was reputed to have developed the first armoured battleship (Kobukson), which was the precursor to the modern day submarine, in 1592 A.D. The reason the pattern ends in a left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Defensive Moves

Twin Palm	- Sang Sonbadak
Upward Block	Ollyo Makgi
X Knifehand	- Kyocha Sonkal
Checking Block	Momchau Makgi

Offensive Moves

Inward Front	- Anaero Ap Sonkal
Knifehand Strike	Taerigi
Reverse Knifehand	- Sonkal Dung Ap
Front Strike	Taerigi