

# Choong Moo

# Patterns

Choong Moo, meaning Loyalty and Chivalry, is the title awarded to Admiral Yi Soon-Sin of the Joseon Kingdom, following his death in battle. Admiral Yi, a great naval commander and strategist, was responsible for the design and construction of the Kobukson (Turtle Ship), an armoured battleship. Although demoted to the rank of foot-soldier twice during his military career by jealous superiors, Yi continued to serve his country diligently, and was re-instated as Admiral following the disastrous defeat of the Korean navy at the hands of Japanese forces in 1597. The pattern ends in a left-hand attack to symbolise his regrettable death.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Parallel Ready Stance			
1	Left 90°	←	Twin Knifehand Block			L
2	Forward	←	Left Knifehand Rising Block/ Right Inward Knifehand Strike			Walking
3	Right 180°	→	Knifehand Guarding Block	Right Arm	Mid	L
4	Forward	→	Flat Fingertip Thrust	Left Arm	High	Walking
5	Left 90°	↑	Knifehand Guarding Block	Left Arm	Mid	L
6	Right 180°	↓	Forearm Guarding Block	Right Arm		BRS
7	Forward	↓	Side Piercing Kick	Right Leg	Mid	
8	Left 180°	↑	Knifehand Guarding Block	Left Arm	Mid	L
9	Forward	↑	Flying Side Piercing Kick	Right Leg	High	
10	On Landing	↑	Knifehand Guarding Block	Right Arm	Mid	L
11	Left 270°	→	Low Block	Left Arm	Low	L
12	No Step	→	Grab (Opponent's Head)		High	Walking
13	Forward	→	Knee Upward Kick	Right Leg	Mid	
14	Left 180°	←	Inward Ridgehand Strike	Right Arm	High	Walking
15	Forward	←	Turning Kick	Right Leg	High	
16	Forward	←	Spin Side Kick	Left Leg	Mid	
17	Right 180°	→	Forearm Guarding Block	Right Arm	Mid	L
18	Forward	→	Turning Kick	Left Leg	Mid	
		→	Bring Left Foot to Right Foot			
19	Right 90°	↓	C Shaped Block			Fixed
	Left, 360°	↓	Jump, Turning 360 °			
20	On Landing	↓	Knifehand Guarding Block	Right Arm	Mid	L
21	Forward	↓	Upset Fingertip Thrust	Right Arm	Low	Walking
22	No Step	↓	Right Arm Rear Backfist Strike/Left Arm Low Block			L
23	Forward	↓	Straight Fingertip Thrust	Right Arm	Mid	Walking
24	Left 270°	←	Double Forearm Block	Left Arm	High	Walking
25	Left 90°	↓	Inward Outer Forearm Block	Right Arm	Mid	Sitting
26		↓	Side Backfist Strike	Right Arm	High	Sitting
27	Left 90°	→	Side Piercing Kick	Right Leg	Mid	
28	Forward	→	Side Piercing Kick	Left Leg	Mid	
29	Right 180°	←	Step with Right Leg, X Knifehand Checking Block		Mid	L
30	Forward	←	Step with Left Leg, Twin Palm Upward Block		Mid	Walking
31	Right 180°	→	Spot Turn (Left Leg first), Rising Block	Right Arm	High	Walking
32	No Step	→	Reverse Punch	Left Arm	Mid	Walking
			Return To Parallel Ready Stance, Moving Left Leg.			