BLACK TAG

STANCES	SOGI
(REVIEW ALL STANCES + TERMINOLOGY)	

KICKS	CHAGI
FLYING SIDE PIERCING KICK	TWIMYO YOP CHA JIRUGI
JUMPING	TWIGI
(REVIEW ALL KICKS + TERMINOLOGY)	

BLOCKS	MAKGI
DOUBLE PALM UPWARD BLOCK	DOO SONBADAK OLLYO MAKGI
X-KNIFEHAND CHECKING BLOCK	KYOCHA SONKAL MOMCHA MAKGI

PUNCHES	JIRUGI
CRESCENT PUNCH	BANDAL JIRUGI

BLACK TAG

GENERAL	
KNOW ALL THE DIAGRAMS THEORY OF POWER TRAINING SECRETS OF TKD STANCES + DIMENTIONS KOREAN NAMES FOR TENETS + THEORY OF POWER	

PATTERN	TUL

MEANING OF PATTERN CHOONG-MOO

CHOONG-MOO was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which was the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by his forced resavation of his loyalty to the king.

30 MOVEMENTS

BELT	TI

BLACK

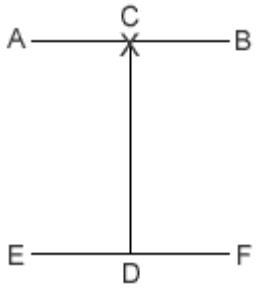
Opposite of white, therefore signifies maturity and proficiency in Taekwondo. It also indicates the wearers imperviousness to darkness and fear.

HAND PARTS	SANG BANSIN
(REVIEW ALL HAND & FOOT PARTS + TERMINOLOGY)	

CHOONG-MOO

Movements - 30
Ready Posture - PARALLEL READY STANCE

CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.



1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.
16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
17. Execute a middle turning kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.

19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

END: Bring the left foot back to a ready posture.