

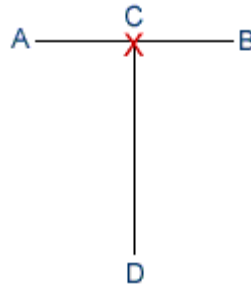
CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

CHOONG-JANG

Movements - 52

Ready Posture - CLOSED READY

STANCE A



1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
20. 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.
21. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.
22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.
23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.
24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.

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CHOONG-JANG continued

25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.
26. Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot.
27. Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.
28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.
29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.
30. Punch the left palm with the right fist while maintaining a right L-stance toward C.
31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.
32. Punch the right palm with the left fist while maintaining a left L-stance toward C.
33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.
34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.
35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.
36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.
38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.
39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.
40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.
42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.
43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.
44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.
45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.
46. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion.
48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.
49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.
50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.
51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.
52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.

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

Korean for each technique in

CHOONG-JANG

01. Annun so anpalmok nopunde yobap makgi
02. Annun so anpalmok nopunde yobap makgi
03. Moa so giokja jirugi
04. Gunnun so doo songarak nopunde bandae tulgi
05. Gunnun so doo songarak nopunde bandae tulgi
06. Gunnun so dung joomuk ap taerigi
07. Gunnun so palmok chookyo makgi
08. Gunnun so ap joomuk kaunde jirugi
09. Dwiro omgyo didimyo mikulmyo dolgi, niunja so palmok kaunde daebi makgi
10. Najunde apcha busigi
11. Nachuo so opun sonkut nopunde tulgi
12. Nopunde dollyo chagi
13. Nopunde jirugi
14. Niunja so yop palkup tulgi
15. Niunja so palmok kaunde daebi makgi
16. Niunja so sonbadak bandae duro makgi
17. Niunja so sonkal kaunde yop taerigi
18. Gunnun so kyocha joomuk noollo makgi
19. Moorup najunde apcha busigi
20. Niunja so sonkal kaunde daebi makgi
21. Niunja so yop palkup tulgi
22. Niunja so sonkal kaunde daebi makgi
23. Kaunde yopcha jirugi
24. Dwitbal so sang sonbadak noollo makgi
25. Gunnun so bakat palmok nopunde ap makgi, Gunnun so dung joomuk nopunde yop taerigi
26. Niunja so opun sonkut nopunde bandae tulgi
27. Najunde apcha busigi
28. Gunnun so dwit palkup bandae tulgi
29. Niunja so sondung bandae naeryo taerigi
30. Niunja so ap joomuk kaunde baro jirugi
31. Niunja so sondung bandae naeryo taerigi
32. Niunja so ap joomuk kaunde baro jirugi
33. Niunja so sonkal kaunde yop taerigi
34. Gunnun so dung joomuk nopunde bandae yobap taerigi
35. Niunja so sonkal kaunde yop taerigi
36. Gunnun so dung joomuk nopunde bandae yobap taerigi
37. Niunja so sonkal dung najunde daebi makgi
38. Gunnun so bandae gutja makgi
39. Niunja so sonkal dung najunde daebi makgi
40. Gunnun so bandae gutja makgi
41. Gunnun so sang sonkal soopyong taerigi
42. Gunnun so bandal son nopunde bandae taerigi
43. Kaunde apcha busigi
44. Gunnun so bandal son nopunde bandae taerigi
45. Kaunde apcha busigi
46. Gunnun so kaunde ap joomuk bandae jirugi
47. Gunnun so ap joomuk kaunde jirugi
48. Moa so sang inji joomuk nopunde bandal jirugi
49. Gunnun so sonkal najunde makgi
50. Gunnun so pyonjoomuk nopunde bandae jirugi
51. Gunnun so sonkal najunde makgi
52. Gunnun so pyonjoomuk nopunde bandae jirugi