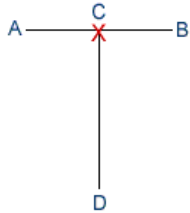


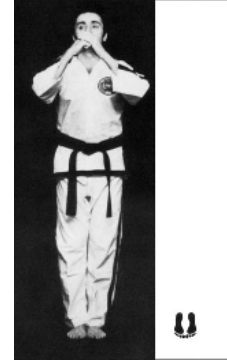
## CHOONG-JANG

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



Moajunbi sogi 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.

*annun so an palmok yopap makgi*



2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.

*annun so an palmok yopap makgi*



**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.**

*moa so ap jumok kaunde kiokja jirugi*



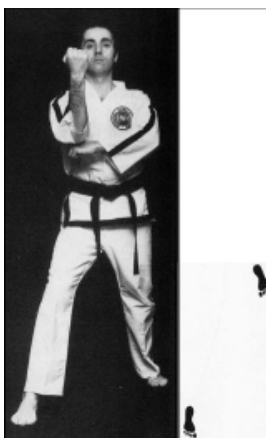
**4.** Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.

*gunnun so tu sonkarak nopunde bandae ap tulgi*



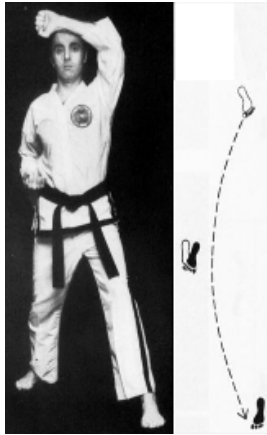
**5.** Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.

*gunnun so tu sonkarak nopunde bandae ap tulgi*



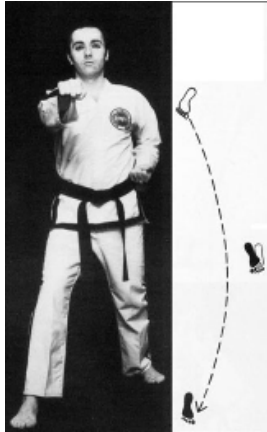
**6.** Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.

*gunnun so dung jumok nopunde baro ap taerigi*



**7.** Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.

***gunnun so palmok baro chukyo makgi***



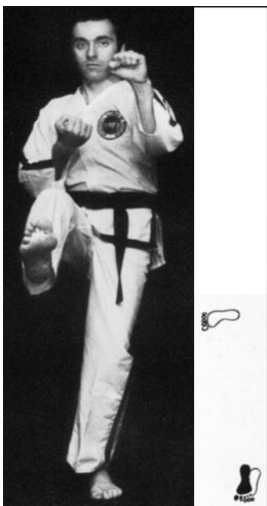
**8.** Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.

***gunnun so ap jumok kaunde baro ap jirugi***



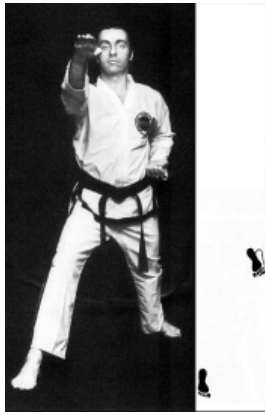
**9.** Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.

***dwiro omgyo didigo mikulmyo dolgi,  
niunja so palmok kaunde daebi makgi***



**10.** Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.

***najunde apcha busigi***



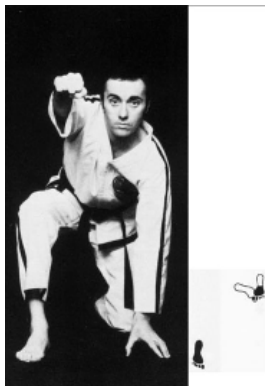
**11.** Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.

***nachuo so opun sonkut nopunde baro ap tulgi***



**12.** Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.

***nopunde dollyo chagi***



**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.

***ap jumok nopunde baro ap jirugi***



**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.

***niunja so yop palkup tulgi***



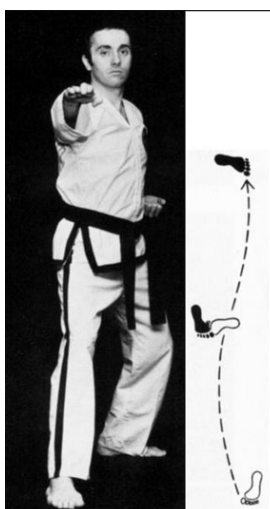
**15.** Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.

***niunja so palmok kaunde daebi makgi***



**16.** Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.

***niunja so sonbadak duro makgi***



**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.

***niunja so sonkal kaunde bakuro taerigi***



**18.** Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.

***gunnun so kyocha jumok nullo makgi***



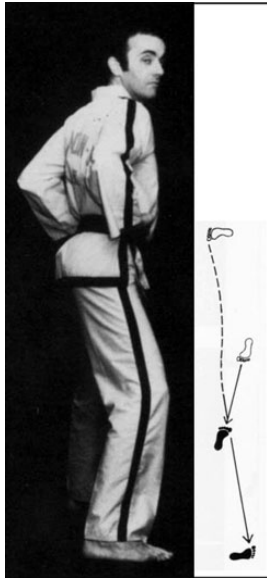
**19.** Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.

***murup najunde apcha busigi***



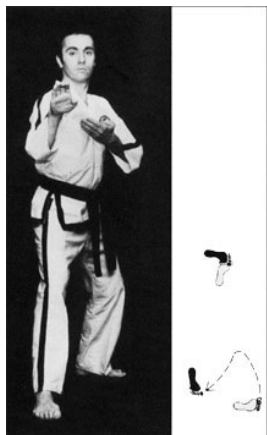
**20.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

***niunja so sonkal kaunde daebi makgi***



**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.

*niunja so yop palkup tulgi*



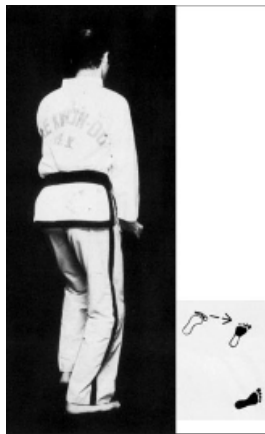
**22.** Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.

*niunja so sonkal kaunde daebi makgi*



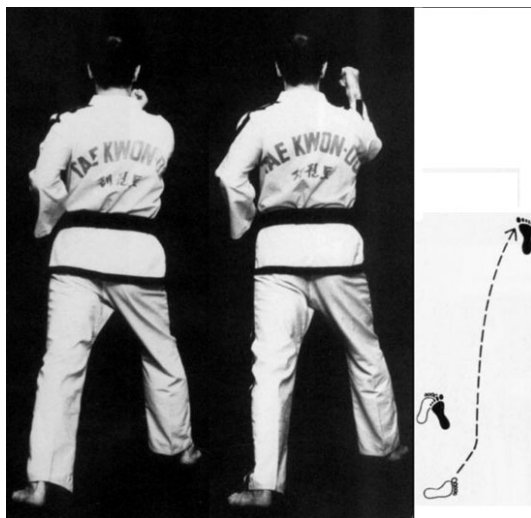
**23.** Execute a middle side piercing kick to D with the right foot while **pulling both hands in the opposite direction.**

*kaunde yopcha jirugi*



**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.

***dwitbal so sang sonbadak nullo makgi***



**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.

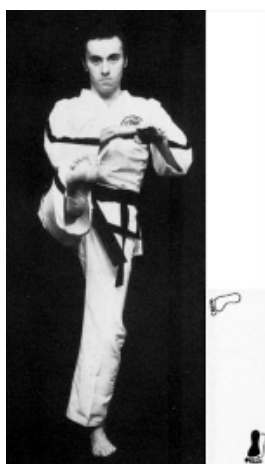
***gunnun so dung jumok nopunde baro yop taerigi***

***gunnun so bakat palmok nopunde baro ap makgi***



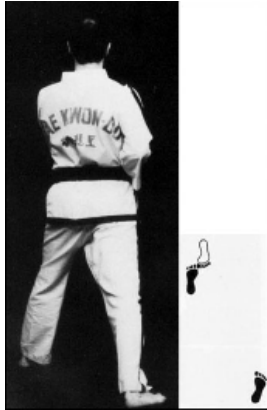
**26.** Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot

***niunja so opun sonkut nopunde bandae tulgi***



**27.** Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.

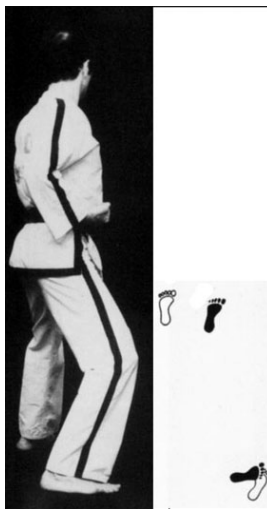
***najunde apcha busigi***



**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.**

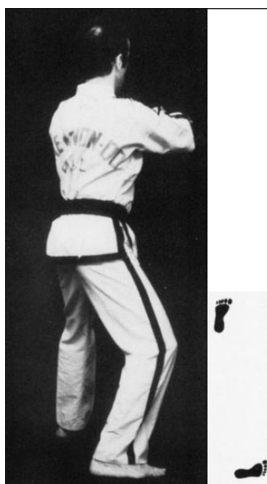
*gunnun so dwit palkup tulgi*



**29.** Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot.

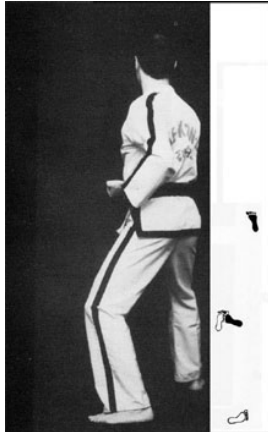
**Perform in a stamping motion.**

*niunja so sondung naeryo taerigi*



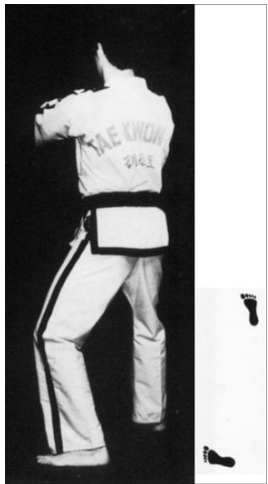
**30.** Punch the left palm with the right fist while maintaining a right L-stance toward C.

*niunja so ap jumok kaunde baro jirugi*



**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.

*niunja so sondung naeryo taerigi*



**32.** Punch the right palm with the left fist while maintaining a left L-stance toward C.

*niunja so ap jumok kaunde baro jirugi*



**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.

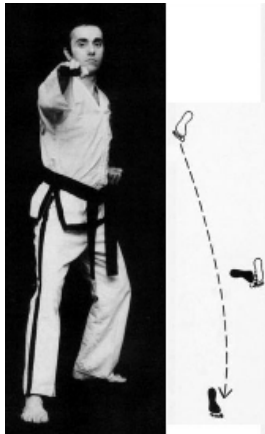
**Perform in a stamping motion.**

*niunja so sonkal kaunde bakuro taerigi*



**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.

***gunnun so dung jumok nopunde bandae yopap taerigi***



**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.**

***niunja so sonkal kaunde bakuro taerigi***



**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

***gunnun so dung jumok nopunde bandae yopap taerigi***



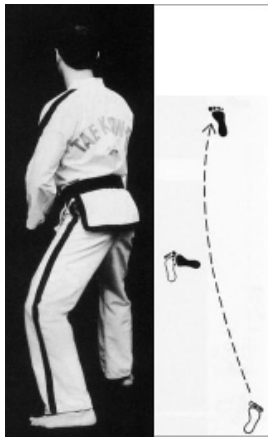
**37.** Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.

***niunja so sonkal dung najunde daebi makgi***



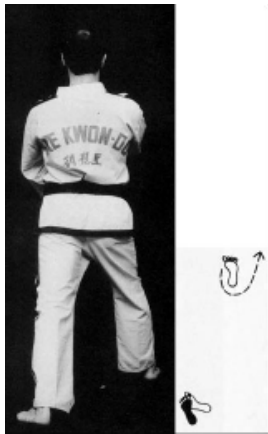
**38.** Execute a right **9-shape block** while forming a left walking stance toward C slipping the left foot.

*gunnun so bandae gutja makgi*



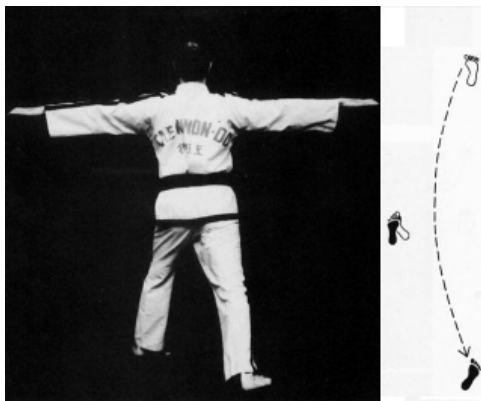
**39.** Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.

*niunja so sonkal dung najunde daebi makgi*



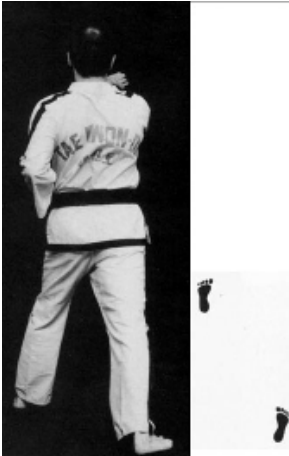
**40.** Execute a left **9-shape block** while forming a right walking stance toward C slipping the right foot.

*gunnun so bandae gutja makgi*



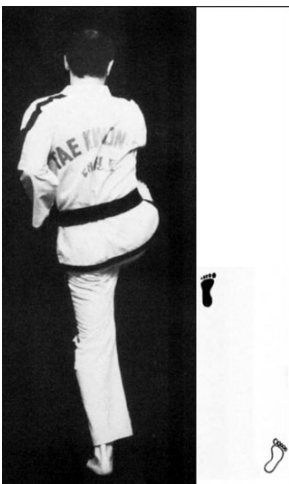
**41.** Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.

*gunnun so sang sonkal supyong yop taerigi*



**42.** Execute a **high strike** to C **with the right arc-hand** while maintaining a left walking stance toward C.

*gunnun so bandalson nopunde bandae ap taerigi*



**43.** Execute a middle front snap kick to C with the right foot  
**Keeping the position of the hands as they were in 42.**

*kaunde apcha busigi*



**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.**

*gunnun so bandalson nopunde bandae ap taerigi*



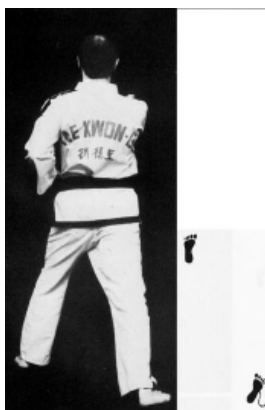
- 45.** Execute a middle front snap kick to C with the left foot  
**Keeping the position of the hands as they were in 44.**

*kaunde apcha busigi*



- 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.

*gunnun so ap jumok kaunde bandae ap jirugi*



- 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.**

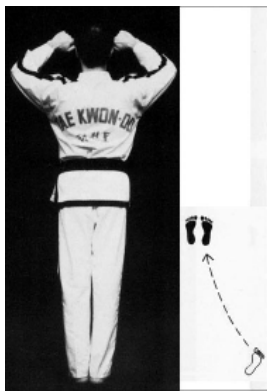
*gunnun so ap jumok kaunde baro ap jirugi*



**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.



*moa so sang inji jumok nopunde bandal jirugi*



**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.



*gunnun so sonkal najunde baro yop makgi*



**50.** Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.

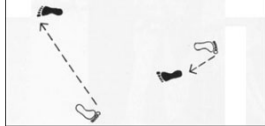


*gunnun so pyun jumok nopunde bandae ap jirugi*



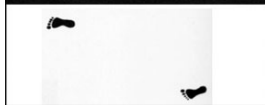
**51.** Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.

*gunnun so sonkal najunde baro yop makgi*



**52.** Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.

*gunnun so pyun jumok nopunde bandae ap jirugi*



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

*moa junbi sogi A*

