

Turner Taekwon-Do

PATTERN CHOONG MOO

No. OF MOVEMENTS 30

No. OF STANCES 6

INTERPRETATION CHOONG MOO was the given name to the great Admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine, in 1592 A.D. The reason why this pattern ends with a left hand attack is to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.

READY POSITION Parallel Ready Stance NARANI JUNBI SOGI

CHOONG MOO TUL

JUMPING SIDE KICK TWIMYO YOP CHAGI

REVERSE KNIFE HAND STRIKE SONKAL DUNG TAERIGI

INWARD BLOCK ANERO MAKI

X KNIFE HAND CHECKING BLOCK KYOCHA SONKAL MOMCHAU MAKI

TWIN PALM UPWARD BLOCK SANG SONBADAK OLLYO MAKI