

REVISION NOTES

1. PARTS OF THE BODY

Side fist	YOP JOOMUK
Reverse knife hand	SONKAL DUNG

2. STANCES

One leg stance	WAE BAL SOGI
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3. BASIC MOVEMENTS**1. DEFENSIVE**

Checking block	MOMCHAU MAKGI
Downwards block	NAERYO MAKGI
Double arc-hand	DOO BANDALSON MAKGI
Block	

2. OFFENSIVE

Stamping kick	CHA BAPGI
Sweeping kick	GORO CHAGI
Overhead kick	TWIO NOMO CHAGI
Flat fingertip thrust	OPUN SONKUT TULGI

4. PATTERN (TUL)

CHOONG MOO	30 MOVES
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5. SPARRING (MATSOKI)

Free sparring	JAYOO MATSOKI
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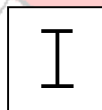
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PATTERN CHOONG- MOO

NUMBER OF MOVEMENTS 30

CHOONG MOO was the given name of 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 modern day submarine in 1592 A.D. The reason why this pattern ends in a left handed attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

DIAGRAM



STEP	MOVE	STANCE	TECHNIQUE
			START IN NARANI CHUNBI SOGI
1	Move L Ft To L	R Niunja	Sang Sonkal Makgi
2	Step Fwd	R Gunnun	Nopunde Ap Sonkal Taerigi (At the same time bring left hand back in front of forehead)
3	180 Clockwise Moving R Ft	L Niunja	Kaunde Sonkal Daebi Makgi
4	Step Fwd	L Gunnun	Nopunde Sonkut Tulgi
5	L Ft 90 To L	R Niunja	Kaunde Sonkal Daebi Makgi
6	Turn 180 To Face	L Goburyo	-
7	Using R Ft	-	Kaunde Yop Chajirugi
8	Lower R Ft And Turn 180 To Face	R Niunja	Kaunde Sonkal Daebi Makgi
9	Jumping Fwd Using R Ft And Landing In	L Niunja	Twimyo Yop Chajirugi Kaunde Sonkal Daebi Makgi
10	Turning Anti-Clockwise 90 Moving L Ft	R Niunja	Najunde Bakat Palmok Makgi
11	Slip L Ft Fwd	-	Grab Imaginary Opp Head With Both Hands
12	Using R Knee	-	Ollyo Moorup Chagi (Whilst Pulling Both Hands Down)
13	Lower R Ft To L Ft Then Turn 180 Anti-Clockwise	L Gunnun	Nopunde Ap Sonkal Dung Taerigi
14	Using R Ft Fwd	-	Nopunde Dollyo Chagi
15	Lower R Ft To L Ft	-	Kaunde Dwit Chajirugi
16	Turn 180 To Face	L Niunja	Kaunde Palmok Daebi Makgi

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	And Lower L Ft Into		
17	Using L Ft	-	Kaunde Dollyo Chagi
18	Lower L Ft To R Ft and Using R Ft Turn 90 Clockwise	R Gojong	Digutja Makgi
19	Jump And Turn Anti-Clockwise Landing On Same Spot	L Niunja	Kaunde Sonkal Daebi Makgi
20	Step Fwd	L Gunnun	Bandae Najunde Dwijibun Sonkut Tulgi
21	Pull L Ft Strike To Back	R Niunja	Nopunde Dung Joomuk Taerigi & Wen Najunde Bakat Palmok Makgi
22	Step Fwd	R Gunnun	Kaunde Son Sonkut Tulgi
23	Turn 270 Anti-Clockwise	L Gunnun	Nopunde Doo Palmok Makgi
24	Move R Ft Fwd And Using R Hand	Annun	Kaunde Ap Bakat Palmok Makgi Followed By Nopunde Yop Dung Joomuk Taerigi
25	Turn 180 To Face And Using R Ft	-	Kaunde Yop Chajirugi
26	Lower R Ft And Using L Ft	-	Kaunde Yop Chajirugi
27	Lower L Ft And Then Face Opp Direction	L Niunja	Kaunde Kyocha Sonkal Yop Momchau Makgi
28	Step Fwd	L Gunnun	Ollyo Sang Sonbadak Makgi
29	Dwiyo Torro	R Gunnun	Chookyo Makgi
30	-	-	Kaunde Bandae Jirugi