

Choong-Moo Parallel Ready Stance

1. Step left foot into a right L-stance (facing west) while executing a twin knife-hand block.
2. Step right foot into a right walking stance (facing west) while simultaneously executing a (high, inward) straight knife-hand strike and a left palm block in front of the forehead (horizontal palm facing west).
3. Spin clockwise on left foot and step right foot into a left L-stance (facing east) while executing a double knife-hand block.
4. Step left foot into a left walking stance (facing east) while executing a (high) straight flat-finger strike.
5. Step left foot into a right L-stance (facing north) while executing a double knife-hand block.
6. Turn clockwise and snap right leg into a left bending ready stance (facing south).
- 7a. Execute a (high, right leg) side piercing kick to the south.
- 7b. Turn counterclockwise and set down by scooting rearward to the south into a right L-stance (facing north) while executing a guarding block.
- 8a. Execute a (right leg) flying side-piercing kick to the north landing in a left bending ready stance (facing north).
- 8b. Set down into a left L-stance (facing north) while executing a double knife-hand block.
9. Spin counterclockwise on right foot and step left foot into a right L-stance (facing east) while executing a (straight) low defense with the knife-hand.
10. Shift left foot into a left walking stance (facing east) while executing a two handed head grab.
- 11a. Execute a (high, right leg) knee kick to the east by passing knee between both hands.
- 11b. Set down beside left foot, turn counterclockwise and step left foot into a left walking stance (facing west) while executing a (high, guarded) reverse ridge-hand strike (left hand executes a downward palm block under right elbow; left hand starts palm forward in front of outer shoulder, right hand from hip).
- 12a. Execute a (high, right leg) turning kick to the west.
- 12b. Set down west of left foot and execute a (high, left leg) backside-piercing kick to the west.
- 12c. Set down into a parallel stance (facing north), then step right foot into a left L-stance (facing east) while executing a guarding block.
- 13a. Pivot right foot to the southeast and execute a (high, left leg) turning kick to the northeast.
- 13b. Set down beside right foot, turn clockwise and step right foot into a left L-stance (facing south) while executing a U-block.
14. Jump straight up while spinning counterclockwise and execute a double knife-hand block while setting down into a left L-stance (facing south) (block is completed as feet touch down).
15. Step left foot into a left walking stance (facing south) while executing a (guarded) reverse upset-finger strike (left side-fist to right shoulder).
16. Shift right foot into a right L-stance (facing south) while simultaneously executing a straight low defense to the south and a (high, rearward) reverse back-fist strike to

the north.

17. Step right foot into a right walking stance (facing south) while executing a (guarded) straight spear-finger strike (left hand executes a downward palm block under right elbow, hands start palm forward in front of outer shoulders).
18. Spin counterclockwise on right foot and step left foot into a left walking stance (facing west) while executing a (straight) double forearm block.
19. Step right foot into a straddle stance (facing south) while executing a right double motion back-fist.
- 20a. Maintain hand positions while executing a (high, right leg) side-piercing kick to the east.
- 20b. Set down east of left foot and execute a (high, left leg) side-piercing kick to the east (hands in guarding position).
- 20c. Set down into a parallel stance (facing south), turn clockwise and step right foot into a left L-stance (facing west) while executing a (middle) X-block with the knife-hands.
21. Step left foot into a left walking stance (facing west) while executing a (forward) double scooping block.
- 22a. Half-step left foot to the north, turn clockwise and step right foot into a right walking stance (facing east) while executing a (straight) high-rising block.
- 22b. Maintain right walking stance while executing a (middle) reverse punch to the east.

Move Left Foot To Paro

Pattern Count: 22

(Techniques: 31)

Definition: **Choong-Moo:** The Se-Jong student uses this pattern to be reminded how important it is to treat people justly and defend those who suffer injustice.

(2nd. Grade-Red Belt---Awareness of Danger to Self.)