

Choong-Jang  
Close Ready Stance A

1. Step right foot into a straddle stance (facing north) while simultaneously executing a right inner forearm block and a (low) left outer forearm block.
2. Maintain straddle stance while simultaneously executing a left inner forearm block and a (low) right outer forearm block to the north.
3. Maintain hand positions while drawing right foot into a close ready stance (facing north) while executing a (measured) left crescent punch.
4. Step left foot into a left walking stance (facing north) while executing a (high) reverse double finger strike.
5. Step right foot into a right walking stance (facing north) while executing a (high) reverse double finger strike.
6. Maintain right walking stance (facing north) while executing a (straight) double motion back-fist.
7. Step left foot into a left walking stance (facing north) while executing a (straight) high-rising block.
8. Step right foot into a right walking stance (facing north) while executing a (middle) straight punch.
9. Spin counterclockwise on left foot and step right foot rearward into a right L-stance (facing north) while executing a guarding block.
- 10a. Execute a (high, right leg) front-snap kick to the north.
- 10b. Set down into a right walking stance (facing north) while executing a (high) straight flat-finger strike.
11. Drop to your left knee and using both hands for support execute a (right leg) turning kick to the north.
12. Set right foot down pivoting into a kneeling right walking stance (facing north) and execute a (high) straight punch while using the left hand for support.
13. Spin clockwise on right foot and step left foot rearward into a left L-stance (facing south) while executing a (rearward, reverse) #3 elbow strike to the north.
14. Pivot counterclockwise on right foot and step left foot rearward into a left L-stance (facing north) while executing a guarding block.
15. Step right foot rearward into a right L-stance (facing north) while executing a straight (inward) scooping block (left elbow at point of hip, palm extended north-northeast).
16. Step left foot rearward into a left L-stance (facing north) while executing a (high, outward) straight knife-hand strike.
17. Pivot counterclockwise on right foot shifting left foot into a left walking stance (facing south) while executing a (low) X-block.
18. Maintaining block, execute a (middle, right leg) knee strike to the south while pulling the hands back past the left hip (pulling the opponent's leg with the X-block).
19. Set right foot down into a parallel stance (facing east), then step left foot into a right L-stance (facing north) while executing a double knife-hand block.
20. Spin counterclockwise on left foot and step right foot rearward into a right L-stance (facing south) while executing a (rearward, reverse) #3-elbow strike to the north.
21. Step left foot into a left rear-foot stance (facing north) while executing a double knife-hand block to the north.

- 22a. Maintain hand positions while executing a (high, right leg) side-piercing kick to the north.
- 22b. Set down by turning counterclockwise and scooting rearward to the north into a right rear-foot stance (facing south) while executing a (low, downward) double palm heel block.
23. Step right foot into a right walking stance (facing south) while executing a (straight) double motion back-fist.
24. Half-step right foot to the east, turn counterclockwise and step left foot into a right L-stance (facing north) while executing a (high, outward) straight knife-hand strike.
- 25a. Secure opponent's grip of your left hand (right palm to back of left hand, fingers wrapped around knife-edge, thumb against index knuckle) while executing a (high, right leg) front-snap kick to the north and pulling both hands past your chest.
- 25b. Pivot counterclockwise into a left one-legged stance (facing south) while hands slowly form cup and saucer at right hip, then lower right leg rearward into a left walking stance (facing south) while maintaining hand positions.
26. Stomp left foot into a right L-stance (facing south) while executing a (high, downward and outward) straight backhand strike.
27. Maintain right L-stance while executing a reverse overhand punch to the left palm.
28. Stomp right foot into a left L-stance (facing south) while executing a (high, downward and outward) straight backhand strike.
29. Maintain left L-stance while executing a reverse overhand punch to the right palm.
30. Turn counterclockwise stepping left foot into a right L-stance (facing north) while executing a (high, outward) straight knife-hand strike.
31. Shift left foot into a left walking stance (facing north) while executing a reverse #4 elbow strike while pulling left palm to right elbow.
32. Step right foot into a left L-stance (facing north) while executing a (high, outward) straight knife-hand strike.
33. Shift right foot into a right walking stance (facing north) while executing a reverse #4 elbow strike while pulling right palm to left elbow.
34. Turn counterclockwise stepping left foot into a right L-stance (facing south) while executing a (low, inward, guarded) straight ridge-hand block (right side-fist to left shoulder).
35. Shift left foot into a left walking stance (facing south) while executing a right nine-block.
36. Step right foot into a left L-stance (facing south) while executing a (low, inward, guarded) straight ridge-hand block (left side-fist to right shoulder).
37. Shift right foot into a right walking stance (facing south) while executing a left nine-block.
38. Step right foot rearward into a left walking stance (facing south) while executing (high, rearward) knife-hand strikes to the north (arms extended shoulder high, palms down).
39. Maintain left walking stance while executing a (high, reverse) arc-hand strike to the south.
- 40a. Maintaining strike, execute a (high, right leg) front snap kick to the south.
- 40b. Set down into a right walking stance (facing south) while executing a (high, reverse) arc-hand strike to the south.
- 41a. Maintaining strike, execute a (high, left leg) front snap kick to the south.
- 41b. Set down into a left walking stance while executing a (middle) reverse punch to the

south.

- 41c. Maintain left walking stance while executing a (middle) straight punch to the south.
42. Step right foot into a close ready stance (facing south) raising both fists in a circular motion to in front of the forehead (palms facing forward).
43. Spin counterclockwise on right foot stepping left foot into a left walking stance (facing west) while executing a (straight) low defense with the knife-hand.
44. Maintain left walking stance while executing a (middle, inward) reverse pushing block (fingers upright palm facing south-southwest).
45. Half-step left foot to the north, turn clockwise and step right foot into a right walking stance (facing east) while executing a (straight) low defense with the knife-hand.
46. Maintain right walking stance while executing a (middle, inward) reverse pushing block (fingers upright palm facing south-southeast).

### **Move Left Foot To Paro**

Pattern Count: 46

(Techniques: 52)

Definition: **Choong-Jang**: In performing this pattern the student is reminded of how important it is to face one's mortality if one is to live out the nine expressions of Se-Jong.  
( 5<sup>th</sup>. Degree Pattern with Red Dot.)