

PATTERNS

CHOONG-MOO

The Virtual Dojang Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

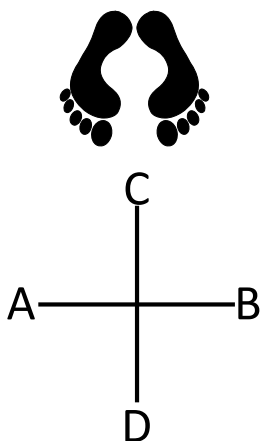
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

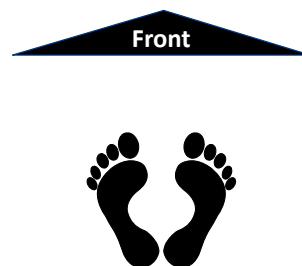
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This pattern, Choong Moo is for 1st Kup and above

30 Movements

Ready position : Parallel Ready Stance

New Techniques :

Walking Stance Knife-hand High Front Strike

Flying Side Piercing Kick

L- Stance Forearm Low Block

Walking Stance Reverse Knife-hand High Front Strike

Middle Back Piercing Kick

Jumping

Sitting Stance Forearm Middle Front Block

Sitting Stance Back Fist High Side Strike

L- Stance X-knife-hand Middle side Block

L- Stance Both Palms Upward Block

Meaning

CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king

Ready position

Parallel Ready Stance



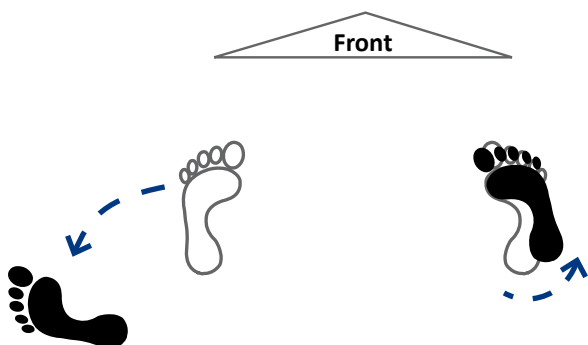
- If in attention stance move your left foot to the left to form a parallel ready stance toward the front.



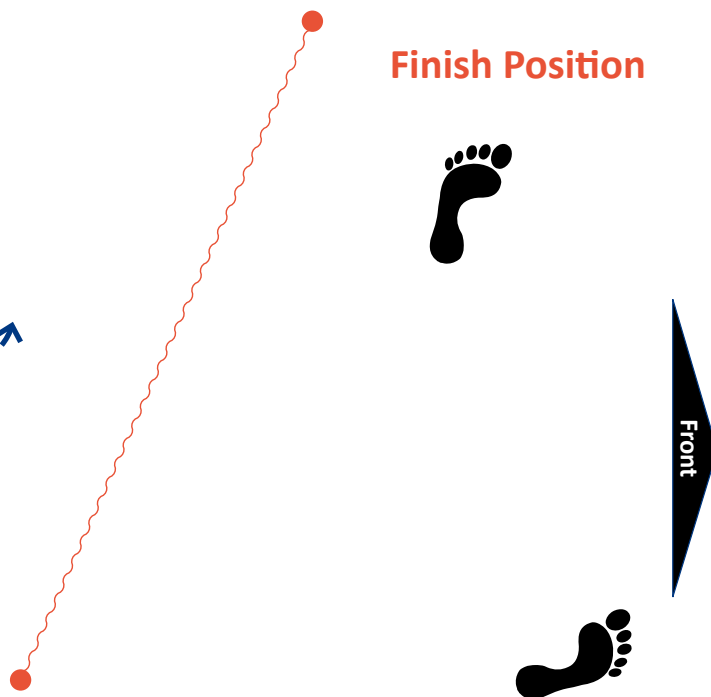
Pattern movements and techniques

1. Turn to the left, dropping into right L-stance
twin knifehand block

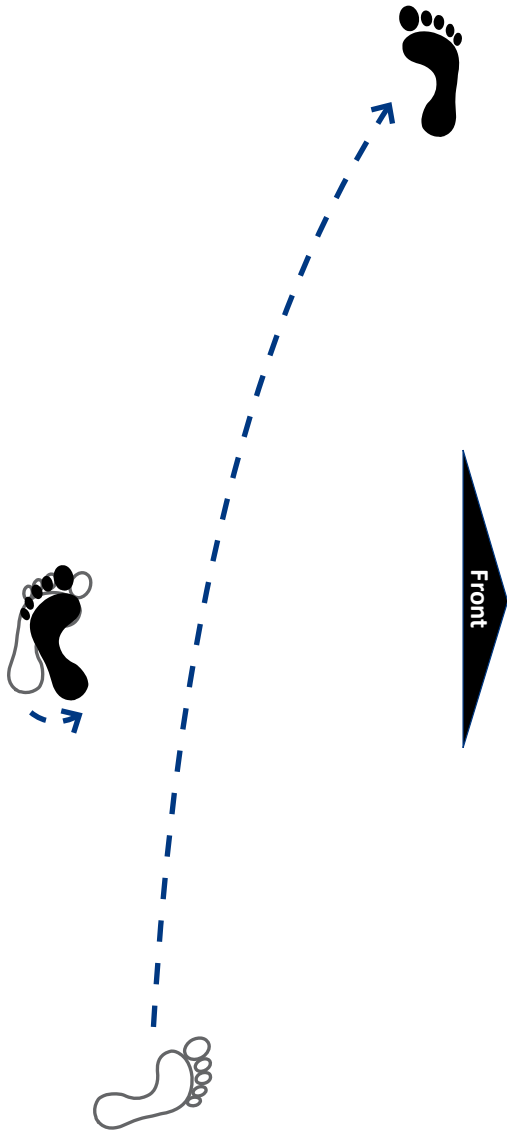
Start Position



Finish Position

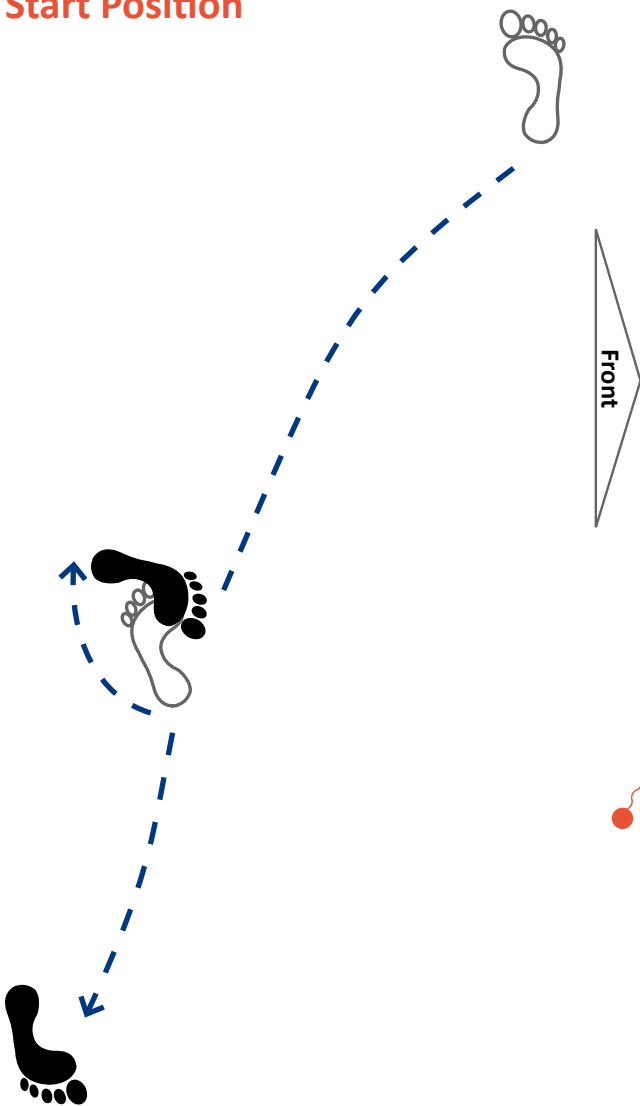


2. Step forward into right walking stance, do a right knifehand high front strike and bring the left hand in front of the forehead

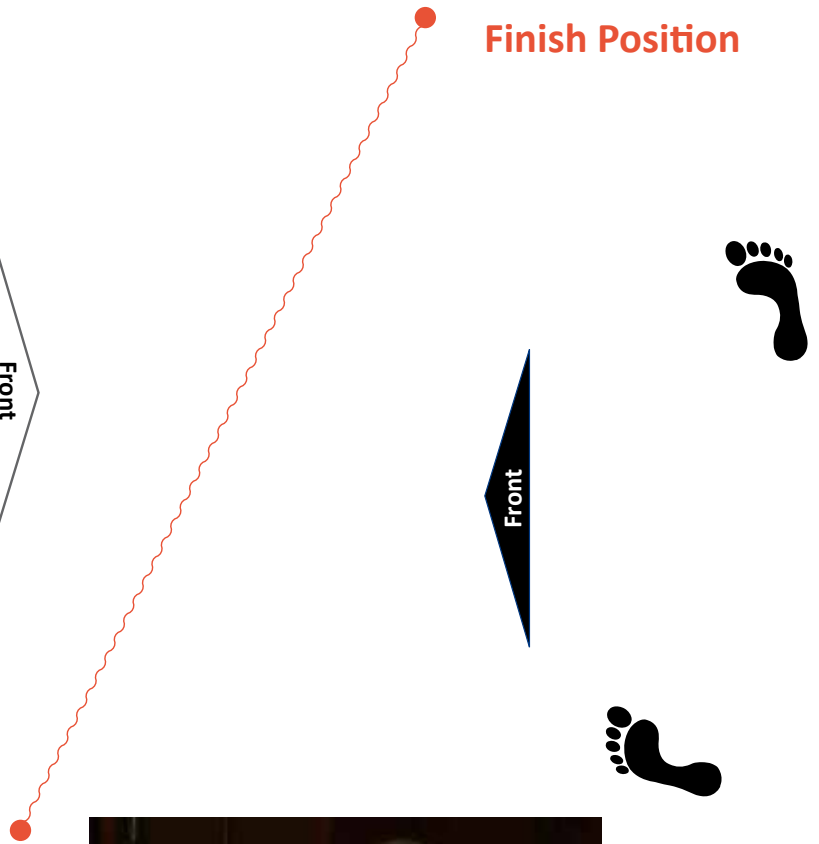


3. Bring your weight on to your left leg, turn 180° (1/2 turn) clockwise and drop into left L-stance knifehand middle guarding block

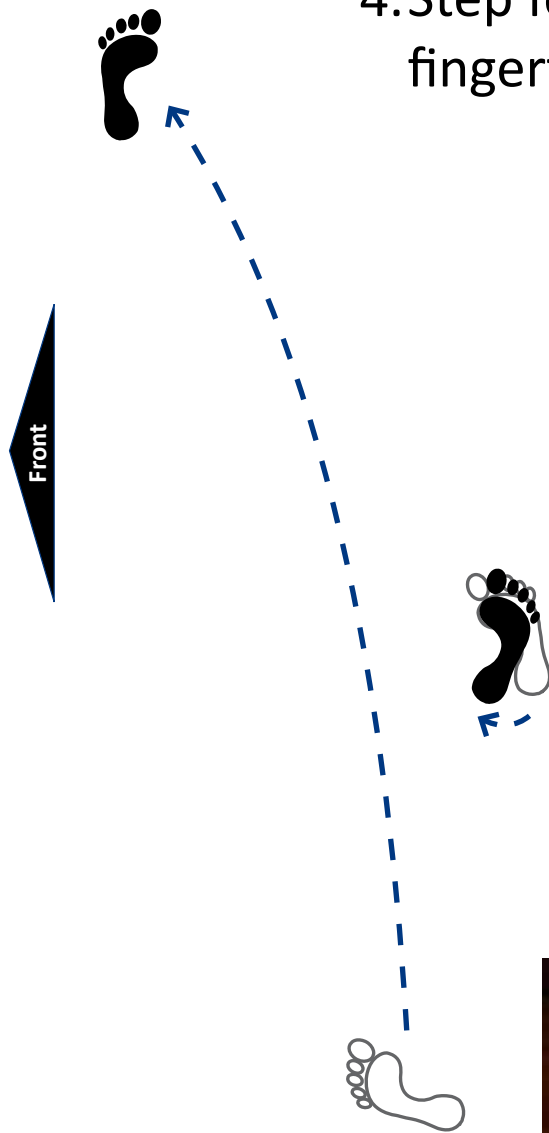
Start Position



Finish Position

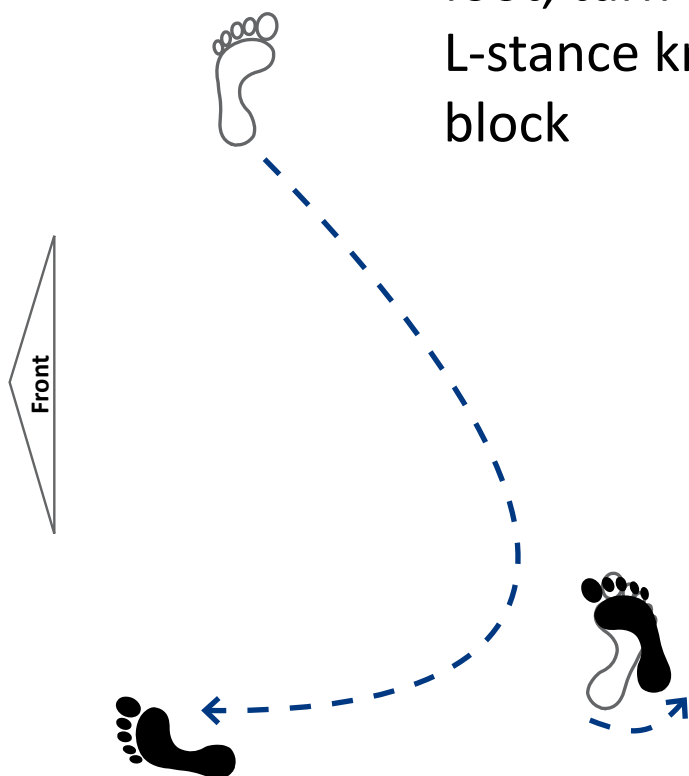


4. Step forward into left walking stance flat fingertip high thrust

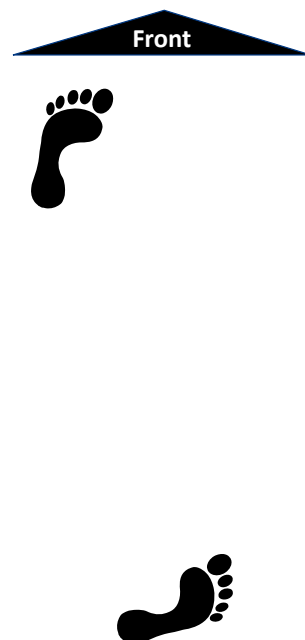


5. Bring your weight back onto the right foot, turn to the left and drop into right L-stance knifehand middle guarding block

Start Position



Finish Position



6. Bring your weight onto your left foot, and drop into a bending ready stance A facing the back

Start Position



Finish Position



7. Right middle side piercing kick

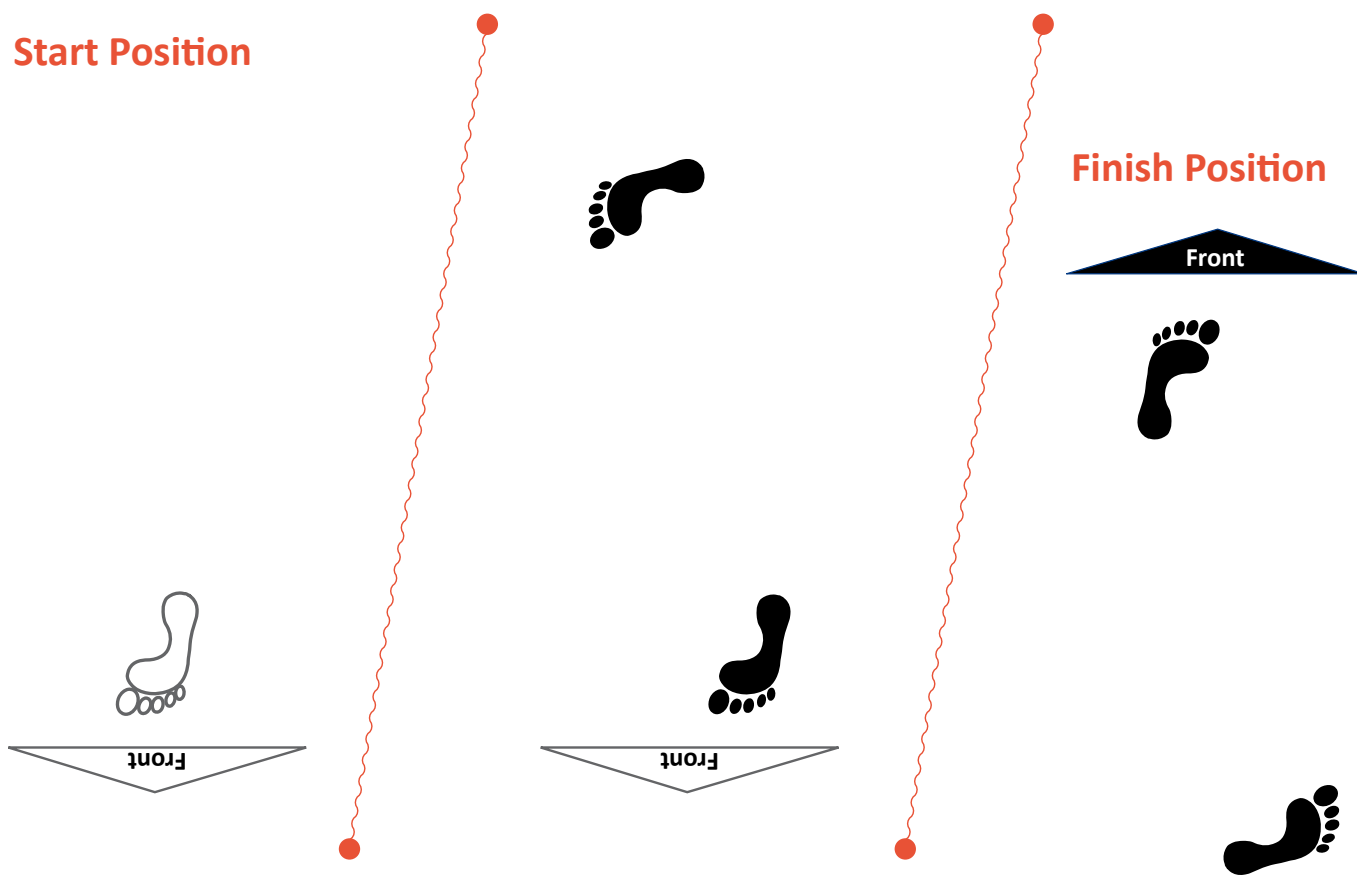


- This movement is followed immediately by the next movement in one count.



8. Step down into right L-stance knifehand middle guarding block facing the front

Start Position

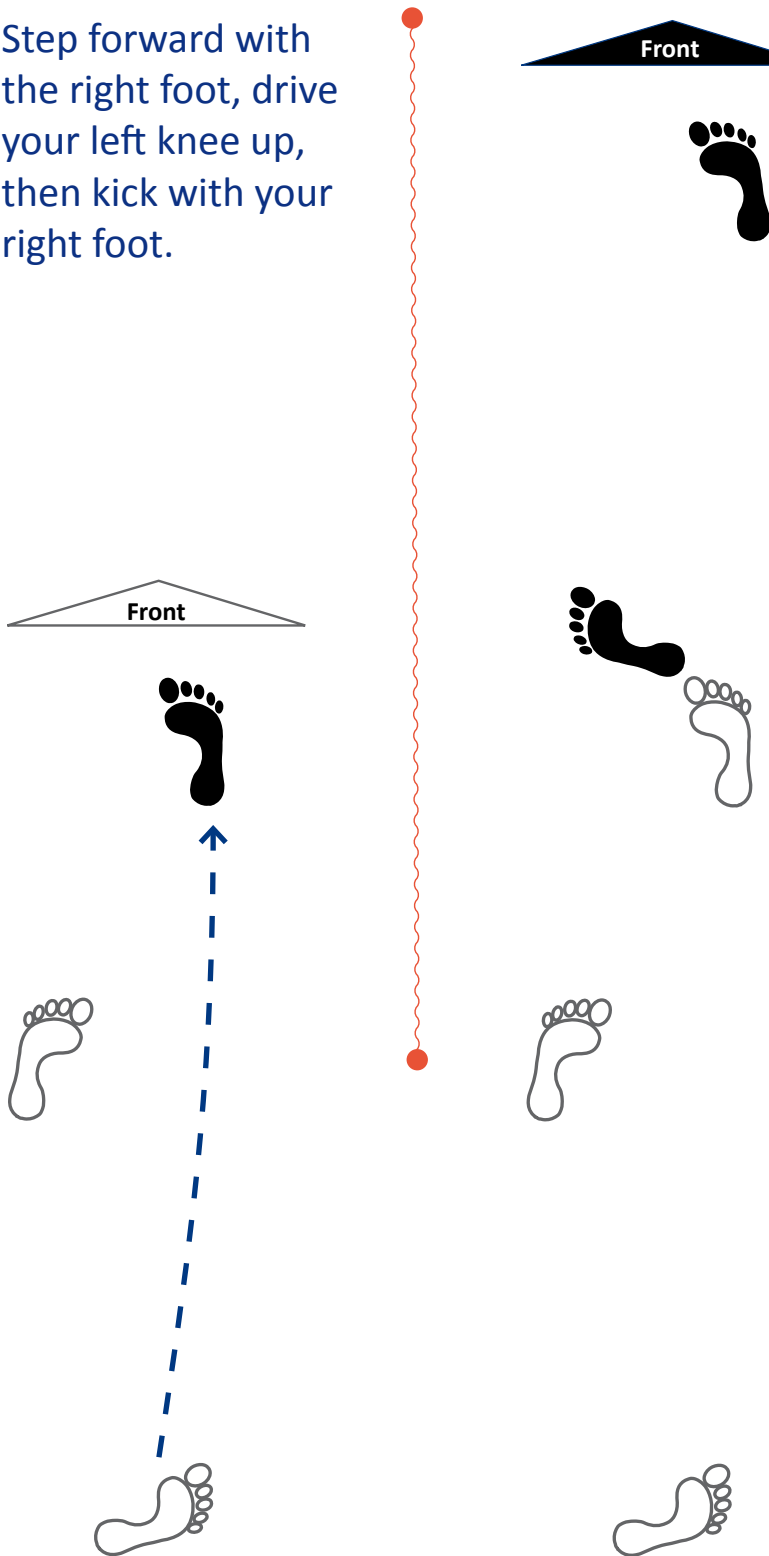


- Step your foot straight down into L-stance facing the other way.



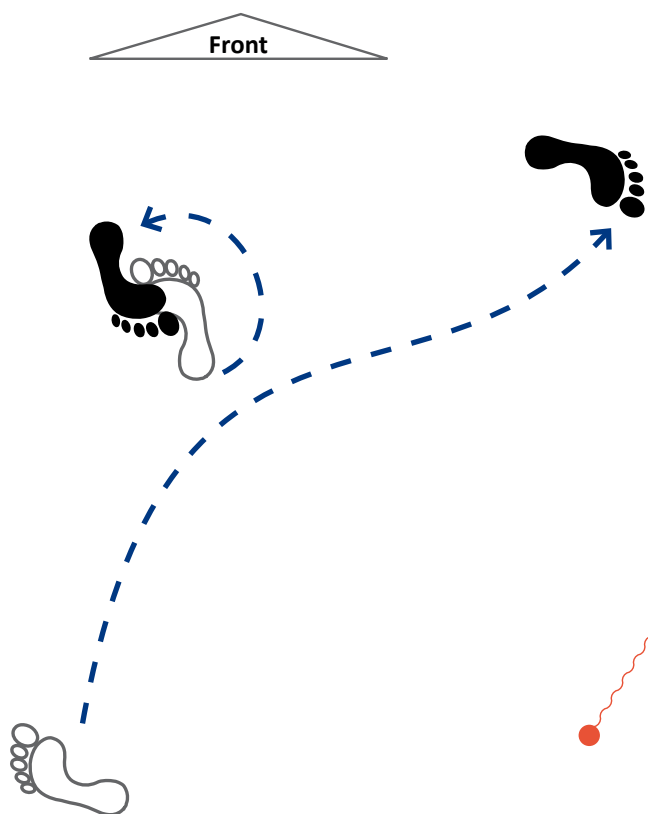
9. Scissor-action right flying side kick, then land in left L-stance knifehand middle guarding block

- Step forward with the right foot, drive your left knee up, then kick with your right foot.

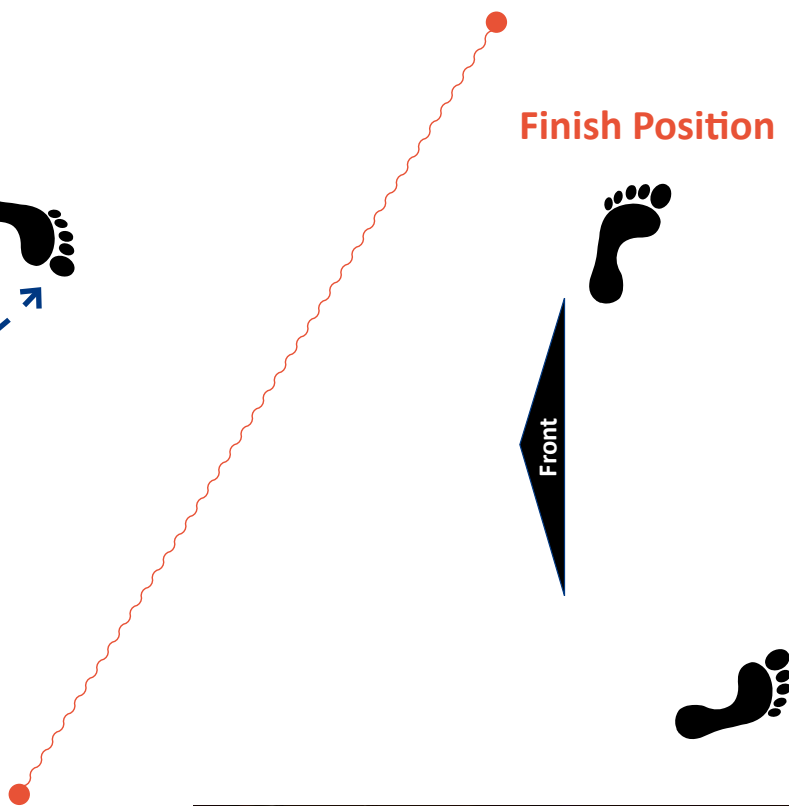


10. Bring your weight onto your right foot then turn 270° (3/4 turn) counter-clockwise, dropping into right L-stance forearm low block

Start Position

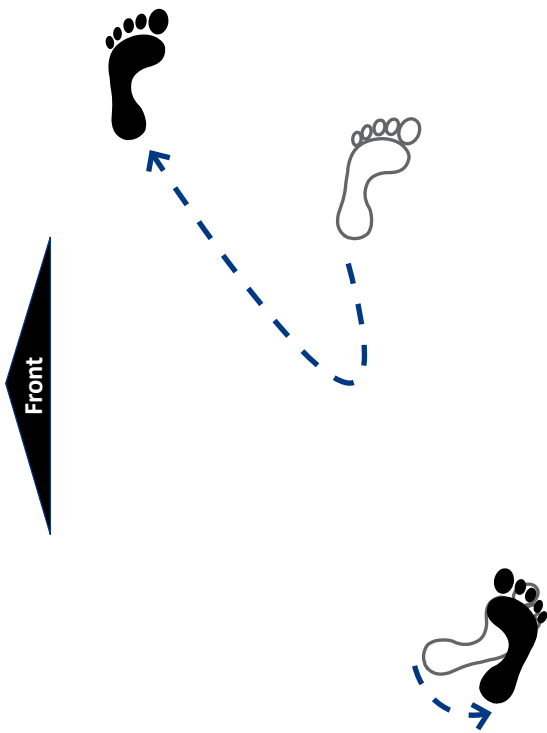


Finish Position

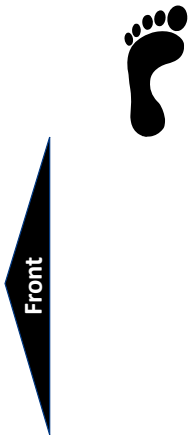


11. Slip the left leg forward into left walking stance, extending both hands up and forward as if you are grabbing the opponents head

- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.
- This is not a fast movement, just reach forward.



12. Right upward kick with the knee

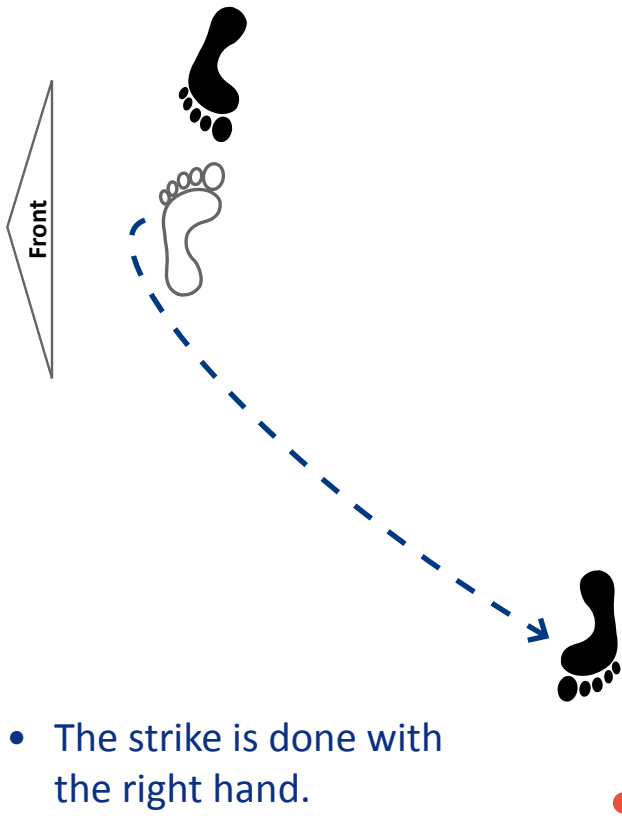


- Imagine your hands are holding the opponent's head, and your knee is aiming for their solar plexus.
- This movement is followed immediately by the next movement in one count.

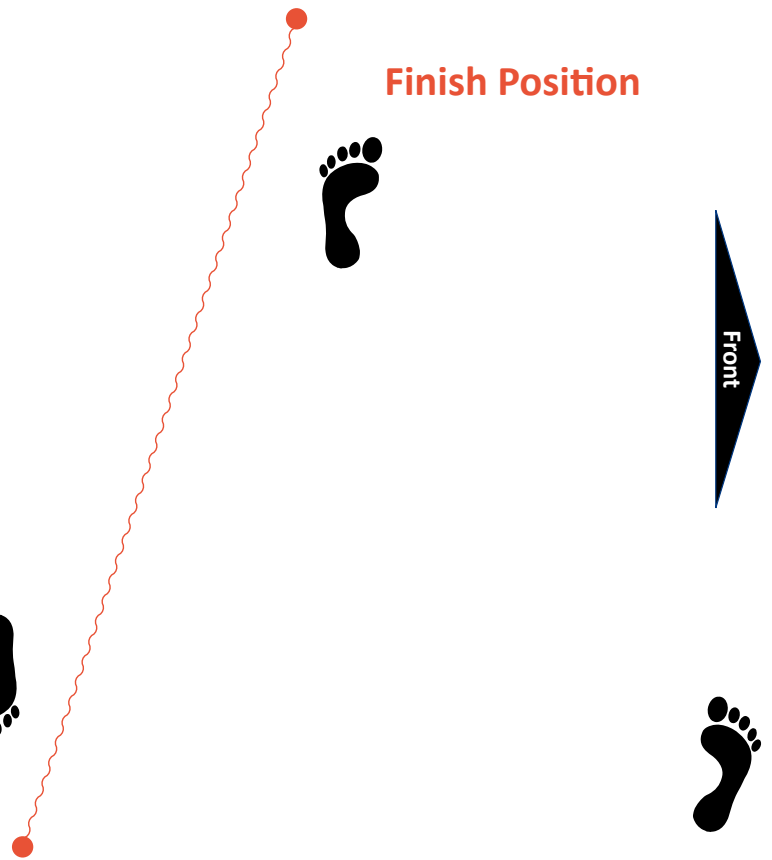


13. Lower your right foot, then turn 180° (1/2 turn) clockwise, stepping out into left walking stance reverse knifehand high strike

Start Position



Finish Position



- The strike is done with the right hand.
- Bring the left hand under the right elbow.



14. Right high turning kick and- in fast motion ...

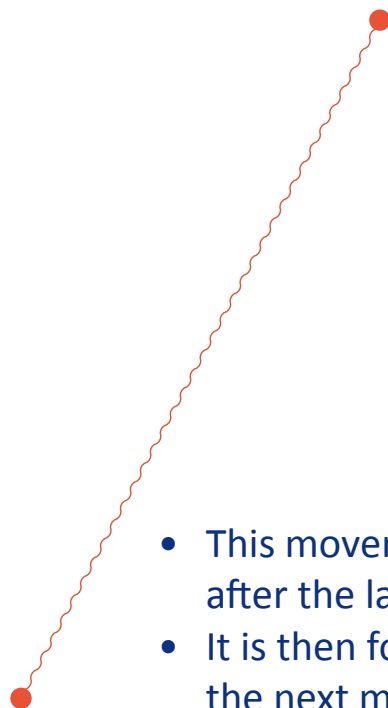


- This movement is followed immediately by the next movement in one count



15. Left middle back piercing kick

Start Position



Finish Position



- This movement is done immediately after the last movement
- It is then followed immediately by the next movement.



16. Step back into left L-stance forearm middle guarding block



- Step your foot straight down into L-stance.



17. Left middle turning kick

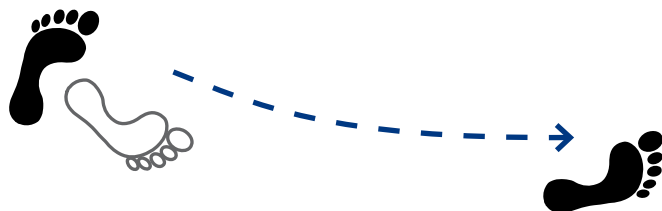


- This movement is followed immediately by the next movement in one count.



18. Step down with your left foot, turn 90° (1/4 turn) to the right and step forward into a left Fixed Stance U-shape block

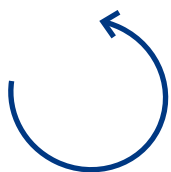
Start Position



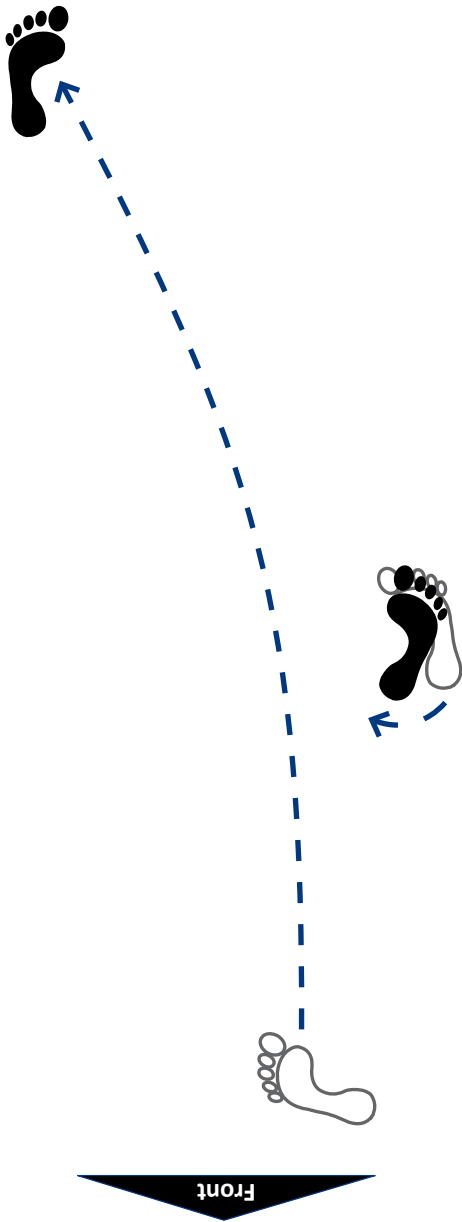
Finish Position



19. On the spot, jump and spin around, landing in left L-stance knifehand middle guarding block



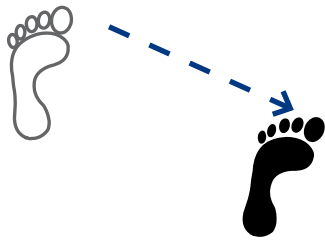
20. Step forward into left walking stance upset fingertip thrust



- The thrust is done with the right hand.
- Your left hand forms a fist in front of the right shoulder.



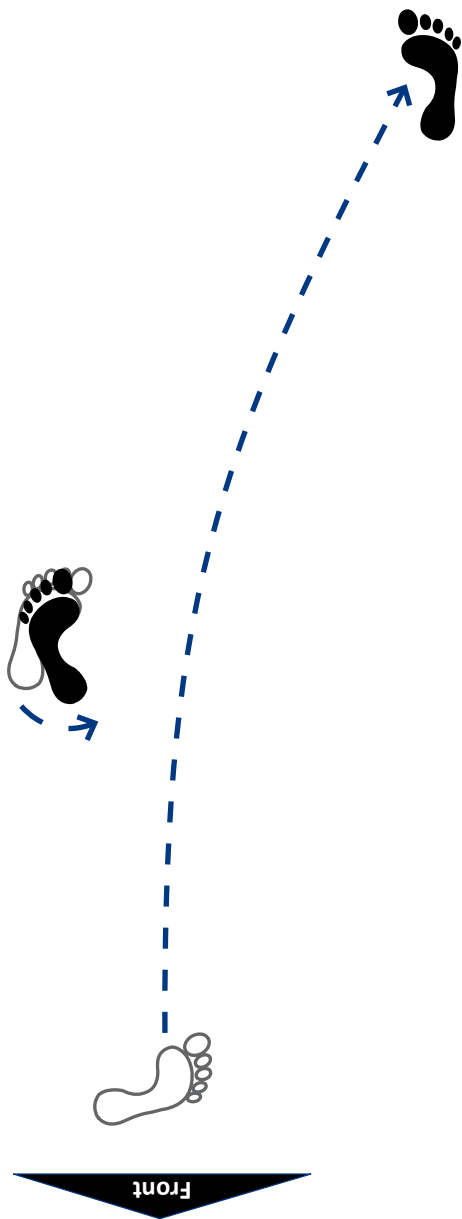
21. Shift your front foot back into right L-stance high backfist side-back strike, with a left forearm low block



- There is no sine wave in this movement.



22. Step forward into right walking stance middle straight fingertip thrust



23. Shift your weight onto the right foot then rotate 270° (3/4 turn) counter-clockwise, stepping out into left walking stance high double forearm block

Start Position



Front

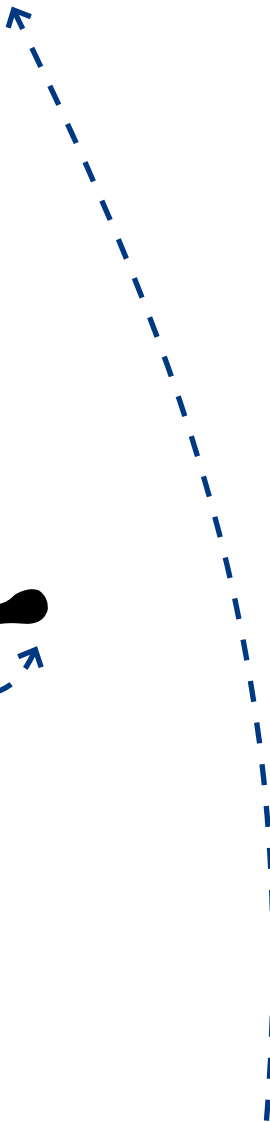
Finish Position



Front

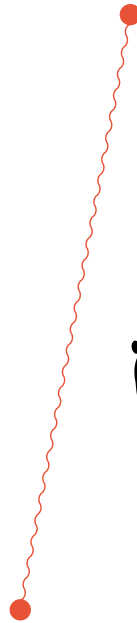


Start Position



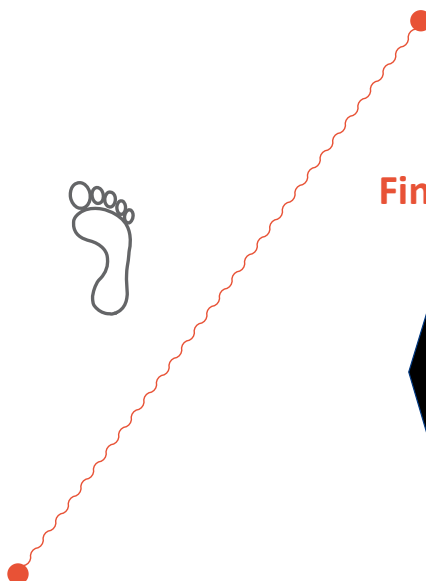
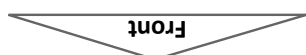
24. Step forward then turn 90° (1/4 turn) left, landing in sitting stance outer forearm middle inward block, then do a high backfist side strike to the right.

Finish Position



25. Shift your weight onto the left foot, turning 180° (1/2 turn) counter-clockwise and do a right middle side piercing kick

Start Position



Finish Position



- This movement is followed immediately by the next two movements in one count.



26. Left middle side piercing kick

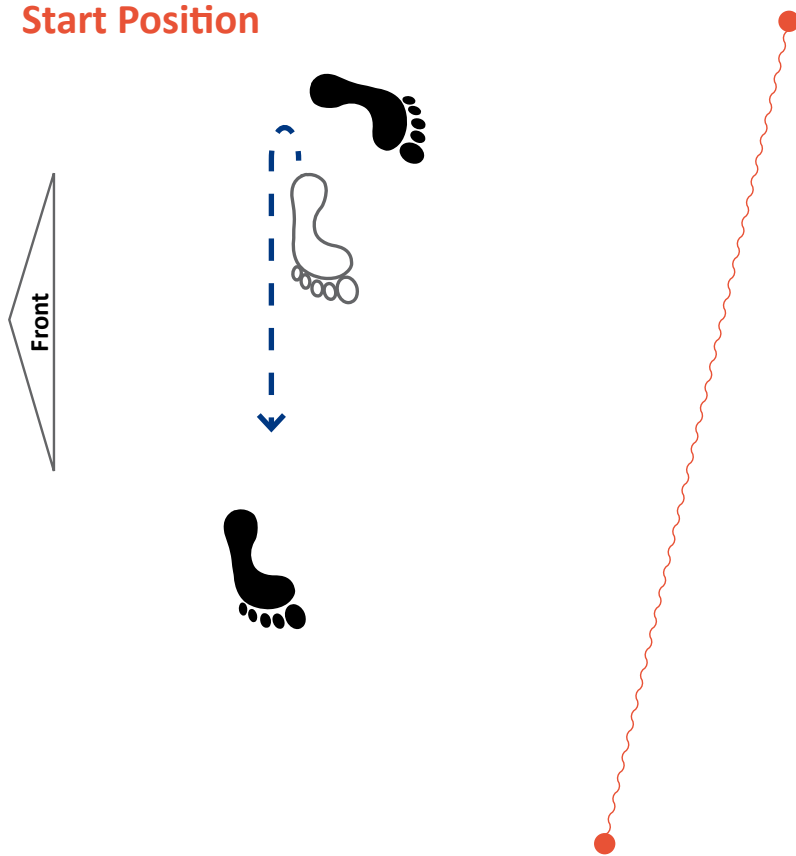


- This movement is followed immediately by the next movement in one count.

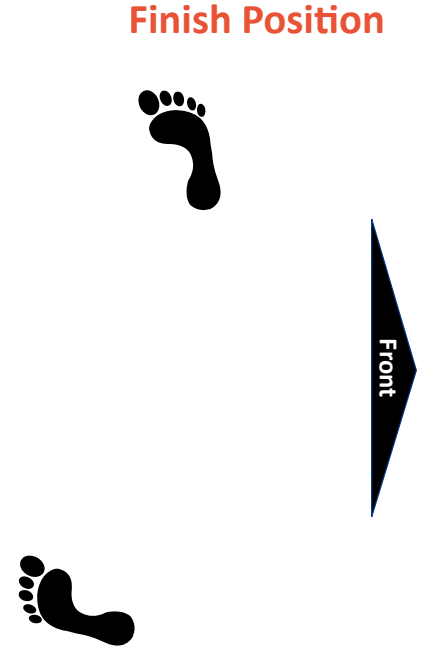


27. Lower your left foot, then turn 180° (1/2 turn) clockwise, dropping into left L-stance X-knifehand checking block

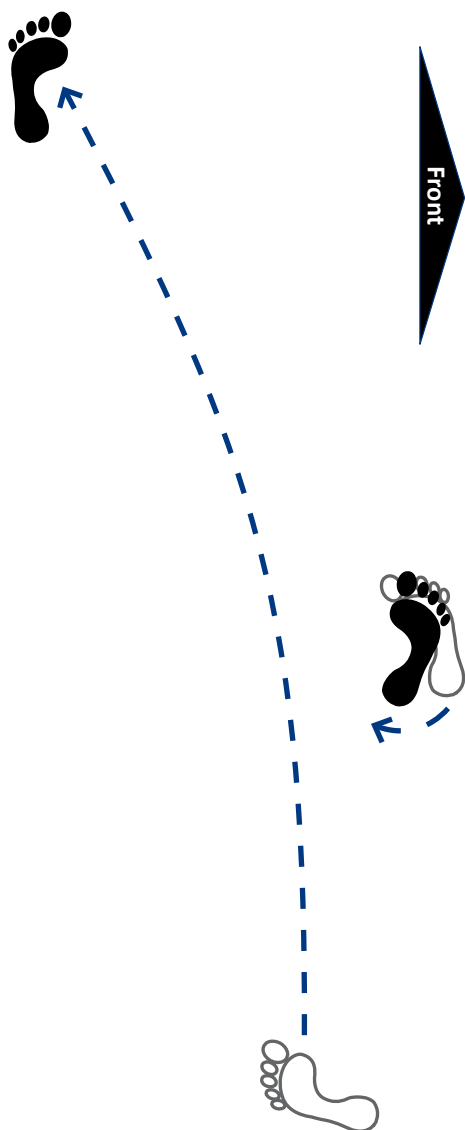
Start Position



Finish Position

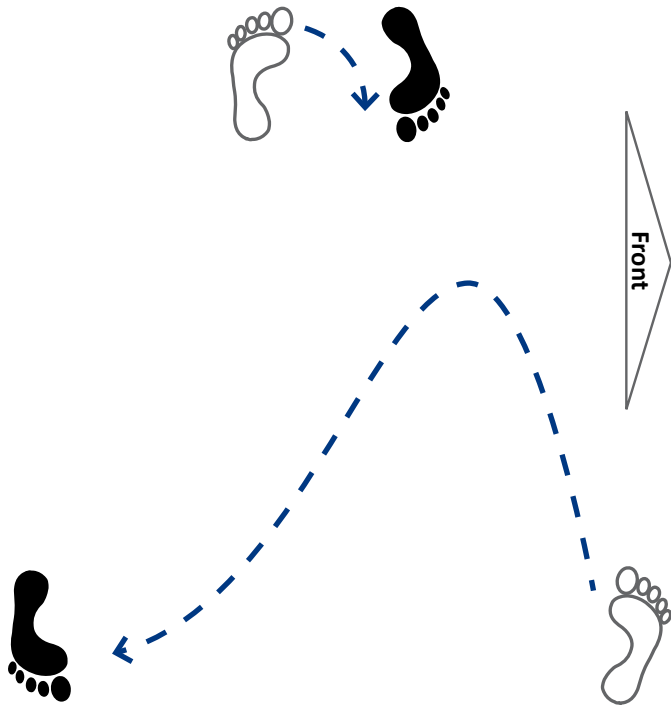


28. Step forward into left walking stance twin palm upward block

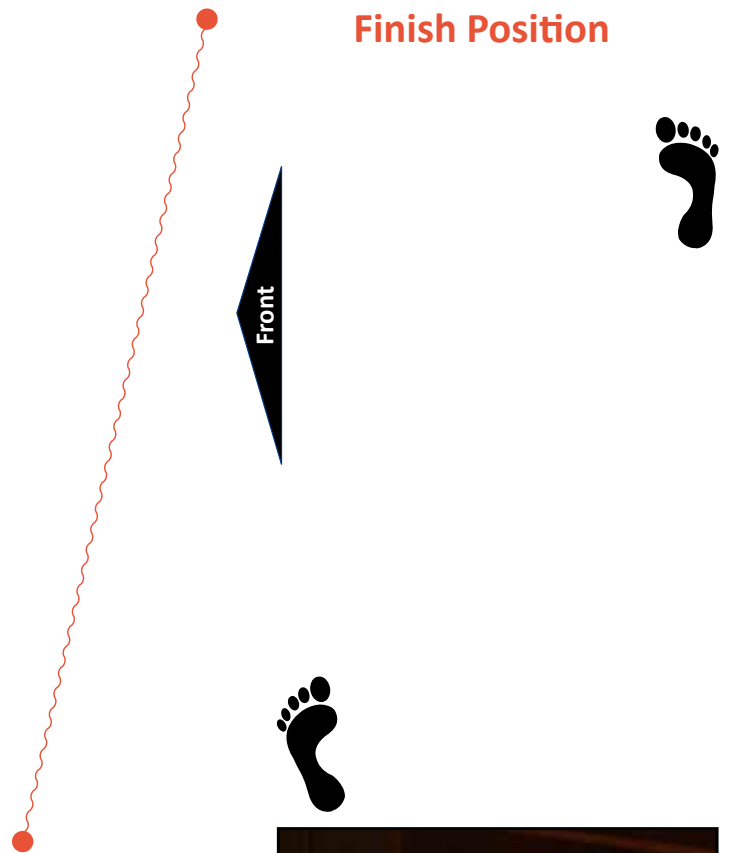


29. Turn 180° (1/2 turn) clockwise, stepping into right walking stance forearm rising block

Start Position



Finish Position



- For the turn, bring your left foot back and in towards your center slightly.



30. Reverse punch



- Leave your feet where they are.
- Drop your weight, raise it up, then drop again.



End. Bring the left foot back to parallel ready stance

Start Position

