

## PATTERN CHOONG-JANG

This pattern is practised by the 2nd degree and above.

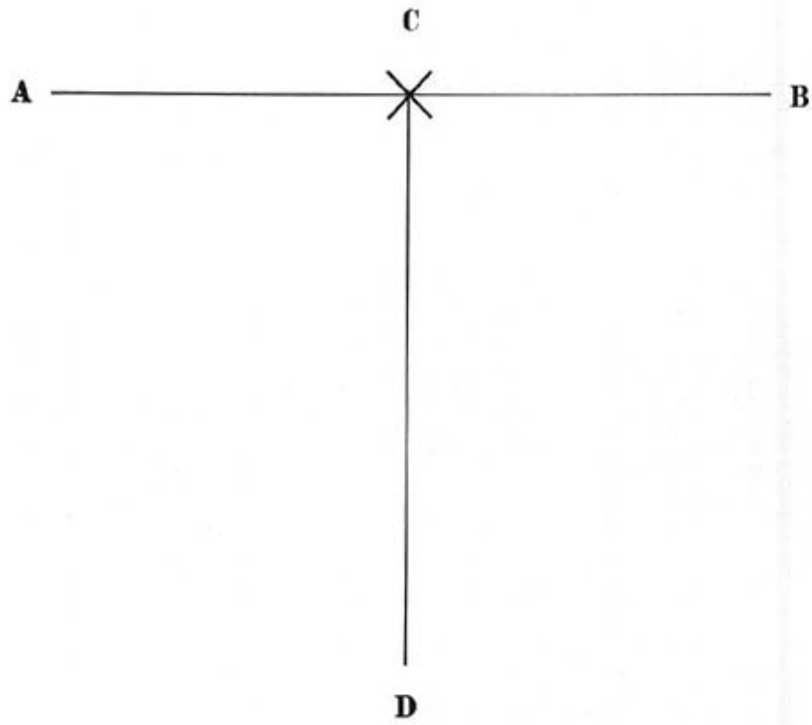
DIAGRAM: T

MOVEMENTS: 52

READY POSTURE: CLOSE READY STANCE A.

Choong-Jang is the pseudonym given to the General Kim Duk Ryang who lived during the Yi Dynasty, 14<sup>th</sup> century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

**DIAGRAM** (*Yon Moo Son*)

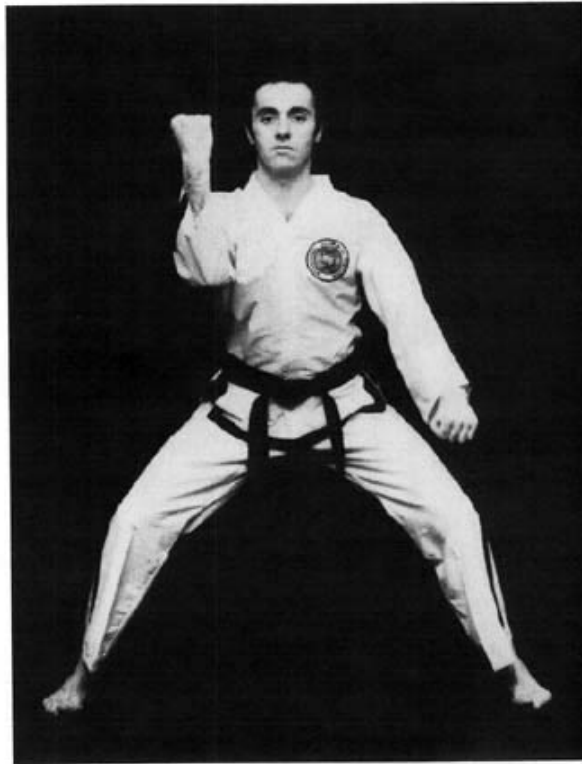


**Ready Posture**

**Close ready stance A toward D**



1. Move the right foot to A to form a sitting stance toward D while executing a high side front block with the right inner forearm and a low block with the left outer forearm.



Sitting stance foward D with a right inner forearm high side front block.

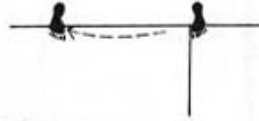
Side View



Previous Posture



Keep the back forearm crossed in front of the solar plexus.



Application



Side View

2. Execute a high side front block with the left inner forearm and a low block with the right outer forearm while maintaining a sitting stance toward D.



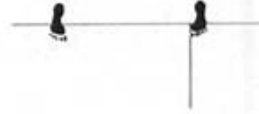
Sitting stance toward D with a left inner forearm high side front block.



Previous Posture



Raise the body slightly.



Application



Side View

3. Bring the right foot to the left foot forming a close stance toward **D** while executing an angle punch with the left fist.  
Perform in a slow motion.



Close stance toward **D** with a left fist angle punch.

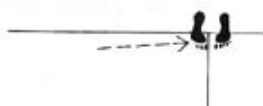
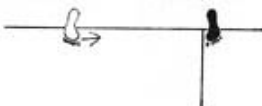




Top View



Previous Posture



Application



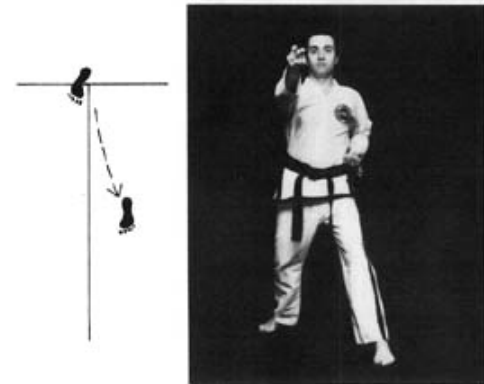
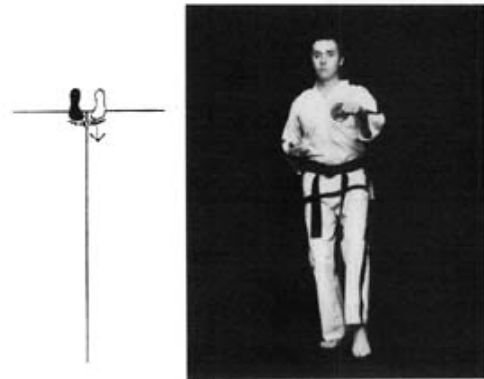
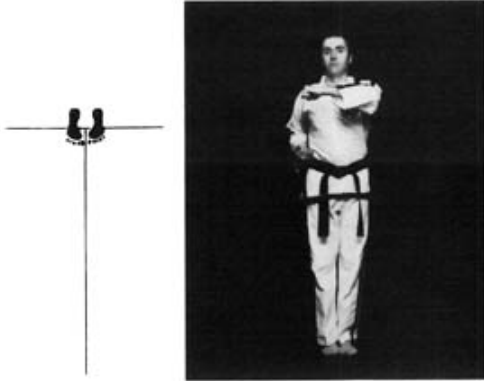
Side View

4. Move the left foot to D to form a left walking stance toward D while executing a high thrust to D with the right double finger.



Left walking stance high thrust with the right double finger toward D.

**Previous Posture**



**Application**

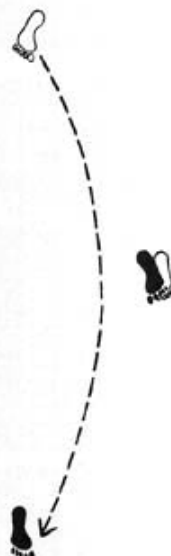


**Side View**

**Side View**



5. Move the right foot to D, forming a right walking stance toward D, at the same time executing a high thrust to D with the left double finger.



Right walking stance high thrust with the left double finger toward D.

Previous Posture



6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.



Right walking stance front strike with the right back fist toward D.

Application



Previous Posture



Side View



7. Move the left foot to **D**, forming a left walking stance toward **D** while executing a rising block with the left forearm.



Left walking stance toward **D** with a left forearm rising block.





Previous Posture



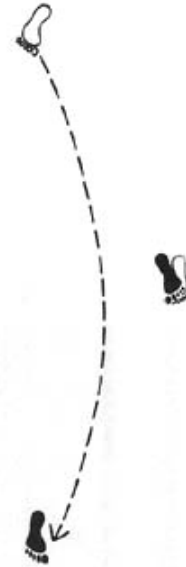
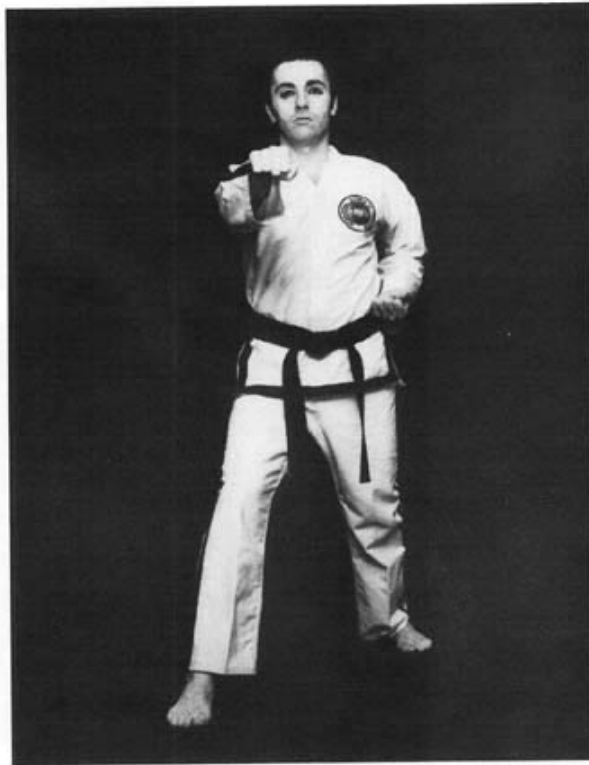
Application



Side View



8. Move the right foot to D to form a right walking stance toward D, at the same time executing a middle punch to D with the right fist.



Right walking stance middle punch with the right fist toward D.



Previous Posture



Application



Side View

9. Move the right foot to C, turning counter-clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.



Right L-stance forearm middle guarding block toward D.



Previous Posture



Application



Side View



10. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 9.



Low front snap kick to D with the right foot.

Previous Posture



Application



Side View

**11. Lower the right foot to D, forming a right low stance toward D while executing a high thrust to D with the right flat fingertip.**



**Right low stance high thrust with the right flat fingertip toward D.**



Previous Posture



Application



Side View

Side View



**12 Execute a high turning kick to D with the right foot, supporting the body with both hands and the left knee.**



**High turning kick to D  
with the right foot.**

Previous Posture



Application



Side View



Side View

13. Lower the right foot to **D**, and then execute a high punch to **D** with the right fist while pressing the ground with the left palm.



High punch to **D** with the right fist while pressing the ground with the left palm.

**Previous Posture**



**Application**



**Side View**

**Raise the left heel off the ground.**



**Side View**

14. Move the left foot to **D**, turning clockwise to form a left L-stance toward **C** while thrusting to **D** with the left side elbow.



Left L-stance forward **C** with a left side elbow thrust to **D**.

Previous Posture



Application



Side View

15. Move the left foot to **C**, turning clockwise to form a left L-stance toward **D**, at the same time executing a middle guarding block to **D** with the forearm.



Left L-stance forearm middle guarding block toward **D**.





Previous Posture



Side View



Side View

Application



16. Move the right foot to C, forming a right L-stance toward D while executing a scooping block with the left palm.



Right L-stance toward D with a left palm scooping block.



Previous Posture



Application



Side View



Side View



17. Move the left foot to C, forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.



Left L-stance middle strike with the right knife-hand toward D.

**Previous Posture**



Keep the back forearms crossed in front of the left chest.



**Application**



**Side View**

**Previous Posture**



Keep the back forearms crossed in front of the left chest.

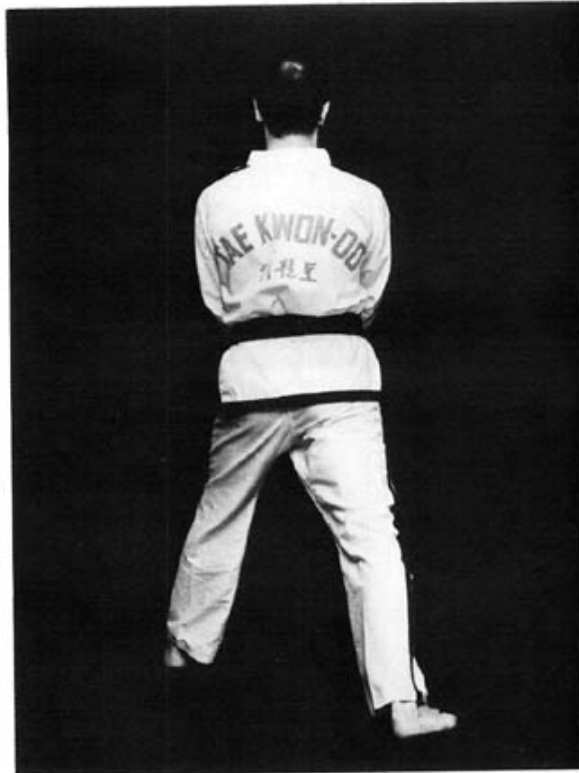


**Application**



Side View

18. Execute a pressing block with an X-fist while forming a left walking stance toward C, pivoting with the right foot.



Left walking stance toward C with an X-fist pressing block.

Application



Side View

Previous Posture

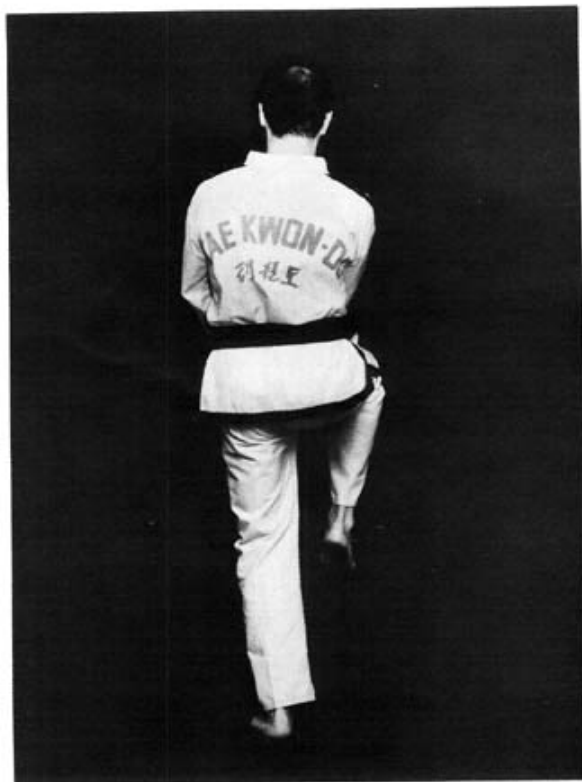


Other View





19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.



Low front snap kick to C with the right knee, pulling both hands.

Previous Posture



Other View



Application



Side View

20. Lower the right foot to C, forming a right L-stance toward D, while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.

**Application**

**Previous Posture**



**Top View**



**Side View**



21. Move the right foot to D in a sliding motion to form a right L-stance toward C, while thrusting to D with the right side elbow.



Right L-stance toward C with a right side elbow thrust to D.

**Previous Posture**



**Application**



**Side View**

**Keep both back fists faced upward.**

**Side View**



22. Execute a middle guarding block to **D** with a knife-hand while forming a left L-stance toward **D**, pivoting with the left foot.



Left L-stance knife-hand middle guarding block toward **D**.

Previous Posture



Application



Side View



**23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.**



**Middle side piercing kick to D with the right foot, pulling both hands.**



**Previous Posture**



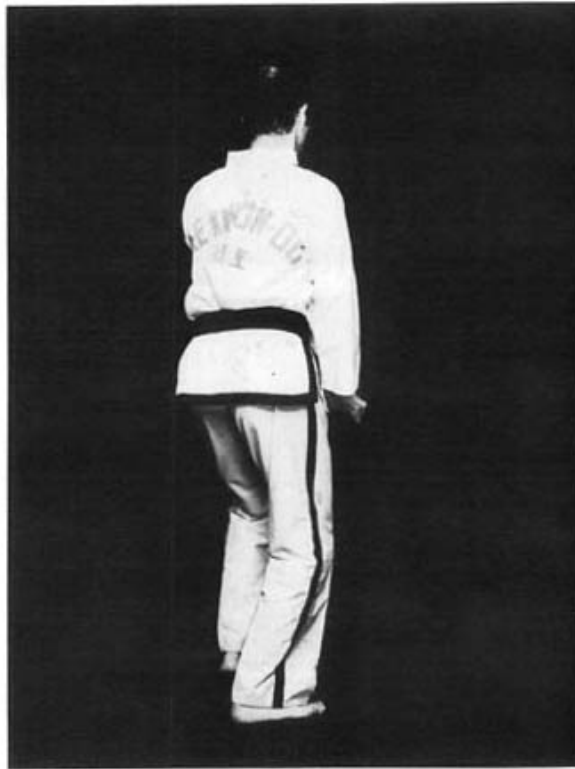
**Application**



**Side View**



24. Lower the right foot to D, and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.



Right rear foot stance toward C  
with a twin palm pressing block.

Application



Previous Posture

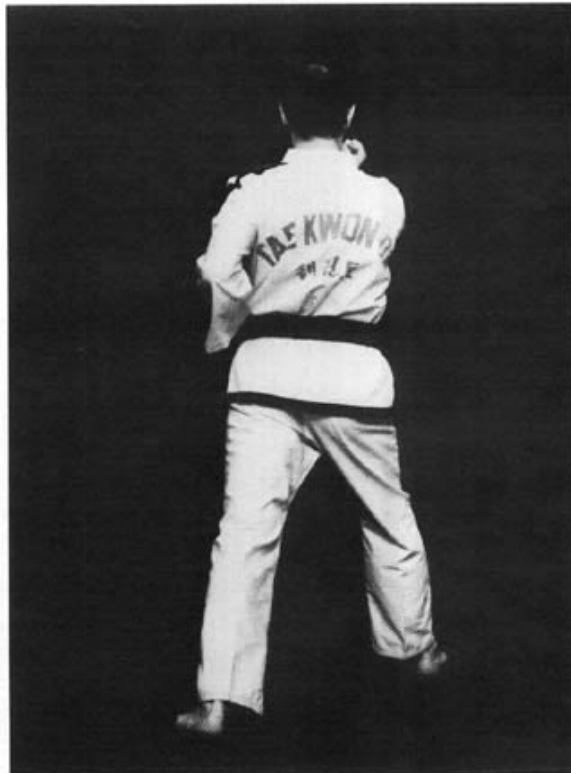


Side View

Other view



25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm, and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.



Right walking stance high front block with the right outer forearm toward C.



**Right walking stance high side strike  
with the right back fist toward C.**

Previous Posture



Other View



Other View

Keep the left heel slightly off the ground.

Side View



Application



Other View

Other View



26. Execute a high thrust to D with the left flat fingertip while forming a right L-stance toward D, pivoting with the right foot.



Right L-stance high thrust with the left flat fingertip toward D.

Previous Posture



Application



Side View

27. Execute a low front snap kick to D with the right foot while bringing the right palm on the left back forearm.



Low front snap kick to D with the right foot.

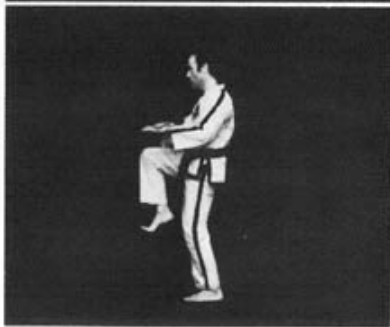
Previous Posture



Application

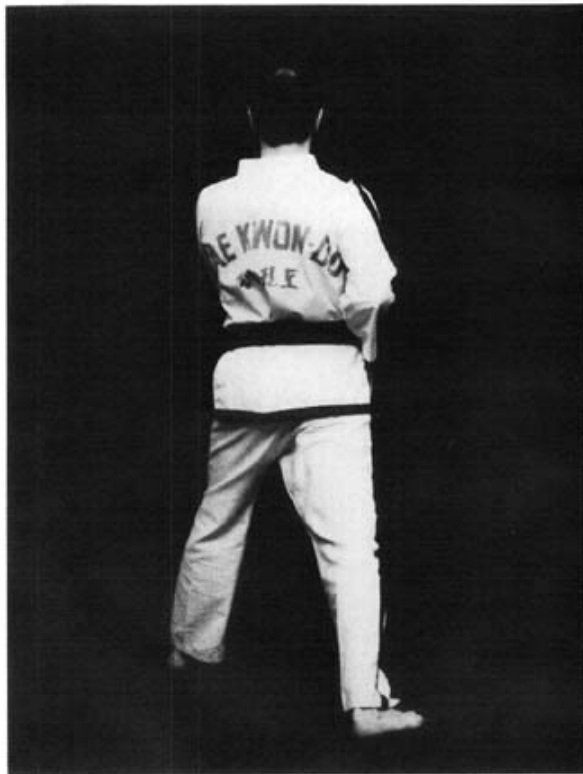


Side View



Side View

28. Lower the right foot to **D** to form a left walking stance toward **C**, pivoting with the left foot while bringing both fists to the right hip. Perform in a slow motion.



Left walking stance toward **C**, placing the left side fist on the right under fist.



Previous Posture

Other View



29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot.  
Perform in a stamping motion.



Right L-stance toward C with a left back hand downward strike.

Application



Top View

Previous Posture



Side View



30. Punch the left palm with the right fist while maintaining a right L-stance toward C.



Right L-stance middle punch with the right fist toward C.

**Application**



**Side View**

**Previous Posture**



Raise the body slightly.

**Other View**



**Other View**



31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.



Left L-stance toward C with a right back hand downward strike.

Previous Posture



Other View



32. Punch the right palm with the left fist while maintaining a left L-stance toward C.



Left L-stance middle punch with the left fist toward C.

Application



Previous Posture



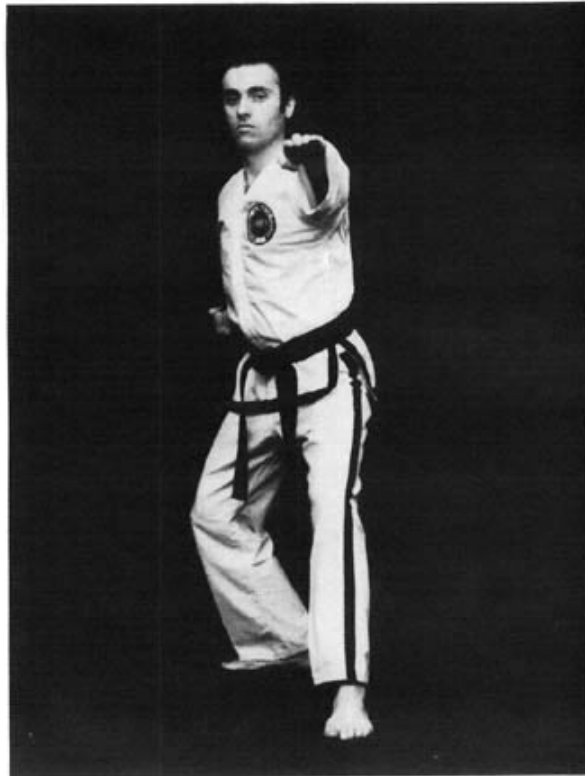
Raise the body slightly.



Side View



- 33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.**



**Right L-stance middle strike with the left knife-hand toward D.**



Previous Posture



Application



Side View



Keep the back forearms crossed in front of the right chest, placing the striking one under the other.



Side View





34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.



Left walking stance high side front strike with the right back fist toward D.

Previous Posture



Application



Top View



Side View



35. Move the right foot to D, forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.



Left L-stance middle strike with the right knife-hand toward D.

**Previous Posture**

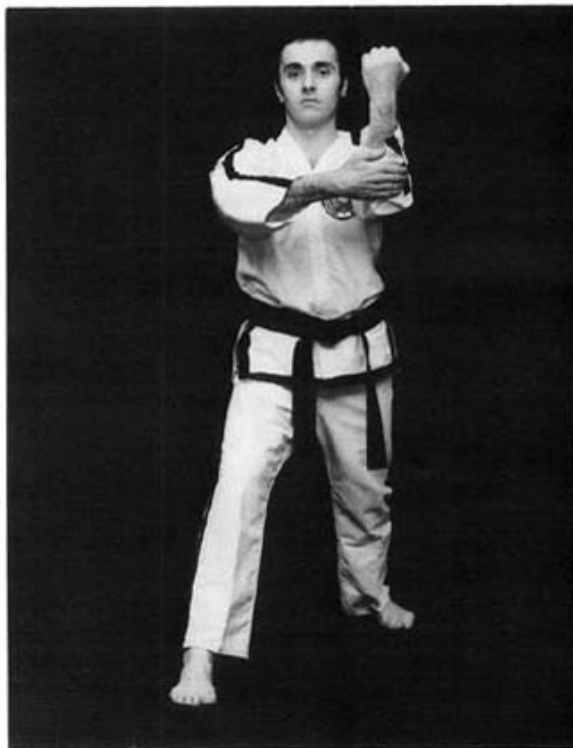


Keep the back forearms crossed  
in front of the left chest.



**Application**

36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.



Right walking stance high side front strike with the left back fist toward D.

Previous Posture



Application



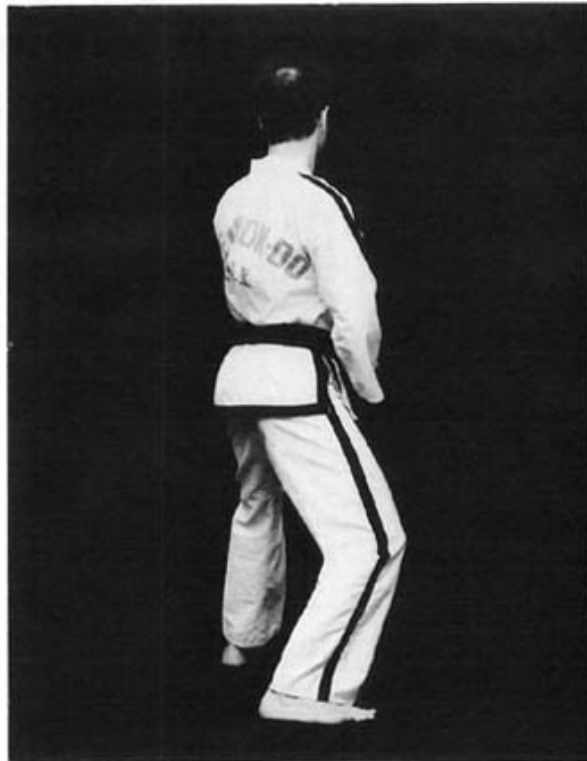
Side View



Top View



37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C, pivoting with the right foot.



Right L-stance reverse knife-hand  
low guarding block toward C.

Previous Posture



Application



Top View

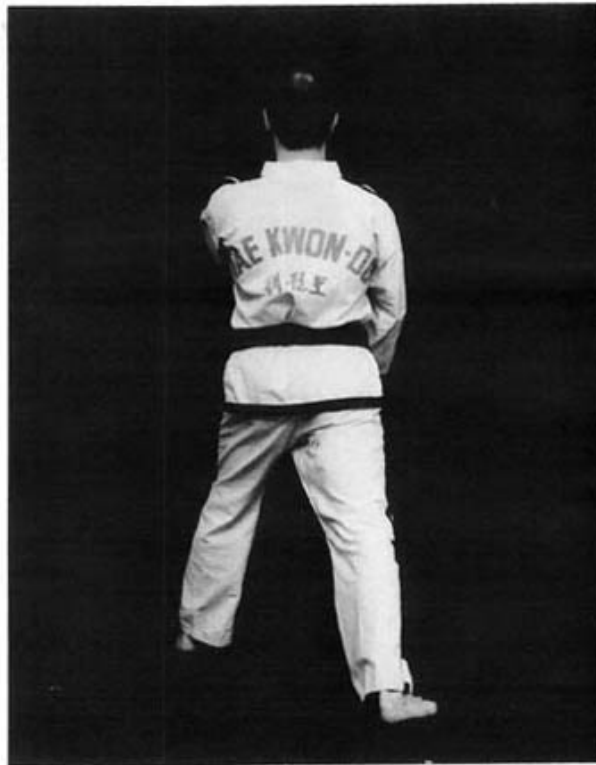


Other View





38. Execute a right 9-shape block while forming a left walking stance toward C, slipping the left foot.



Left walking stance toward C with a right 9-shape block.

Previous Posture



Application



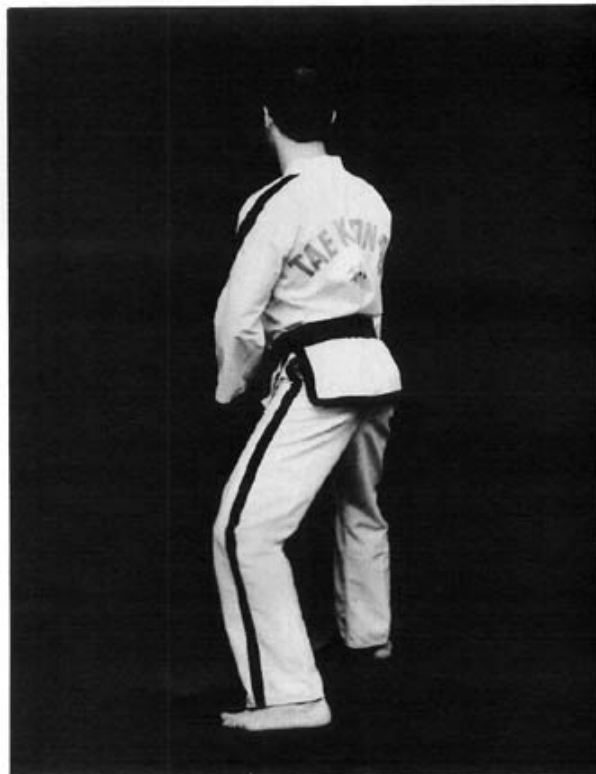
Side View



Other View



39. Move the right foot to C, forming a left L-stance toward C while executing a low guarding block toward C with a reverse knife-hand.



Left L-stance reverse knife-hand  
low guarding block toward C.

Application

Previous Posture



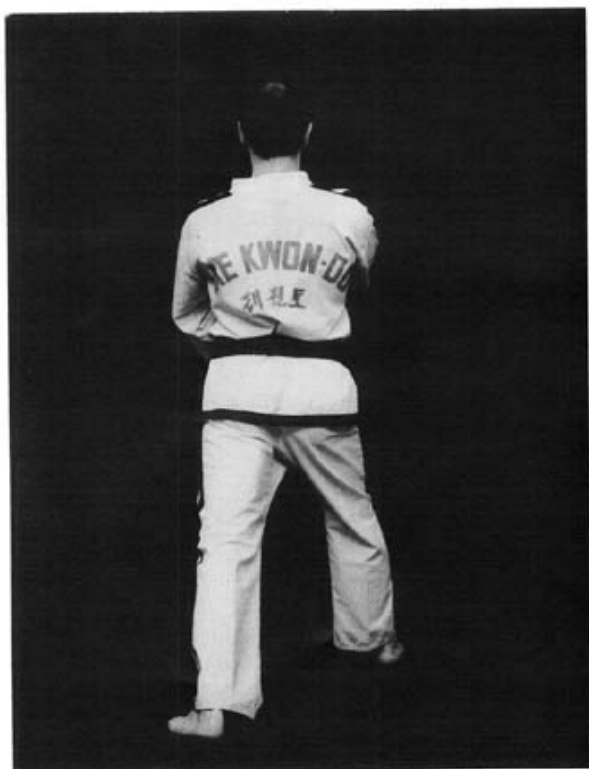
Top View



Side View



40. Execute a left 9-shape block while forming a right walking stance toward C, slipping the right foot.



Right walking stance toward C  
with a left 9-shape block.

Application



Side View

Previous Posture



Side View

41. Move the right foot to D, forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.



Left walking stance toward C with a twin knife-hand horizontal strike.

**Application**



**Other View**

**Previous Posture**



Keep both back fists  
faced the opponent.



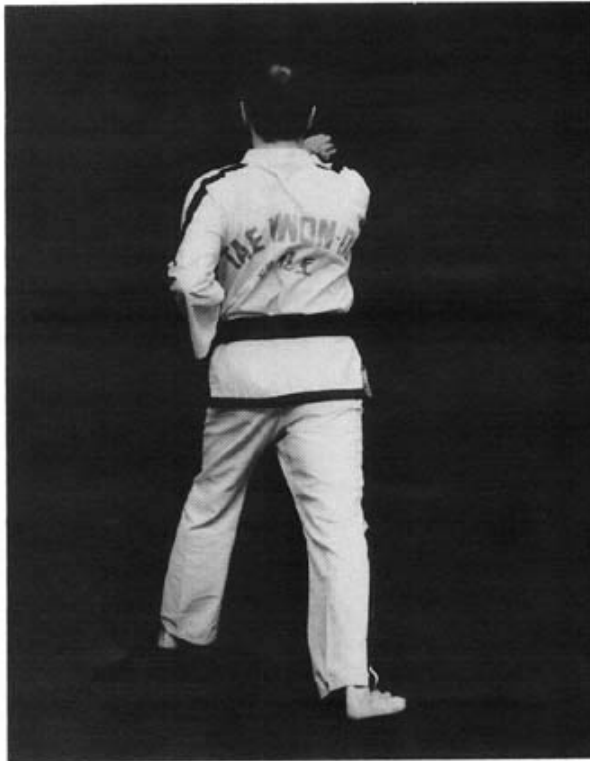
**Side View**



**Side View**



42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.



Left walking stance high strike with the right arc-hand toward C.

Application



Side View

Previous Posture



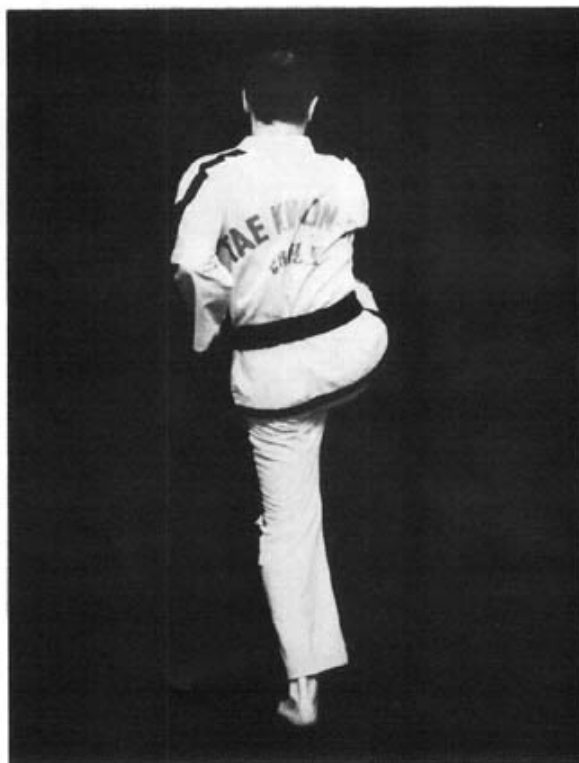
Keep the right heel slightly off the ground.



Side View



43. Execute a middle front snap kick to C with the right foot, keeping the position of the hands as they were in 42.



Middle front snap kick to C with the right foot.

Application



Side View

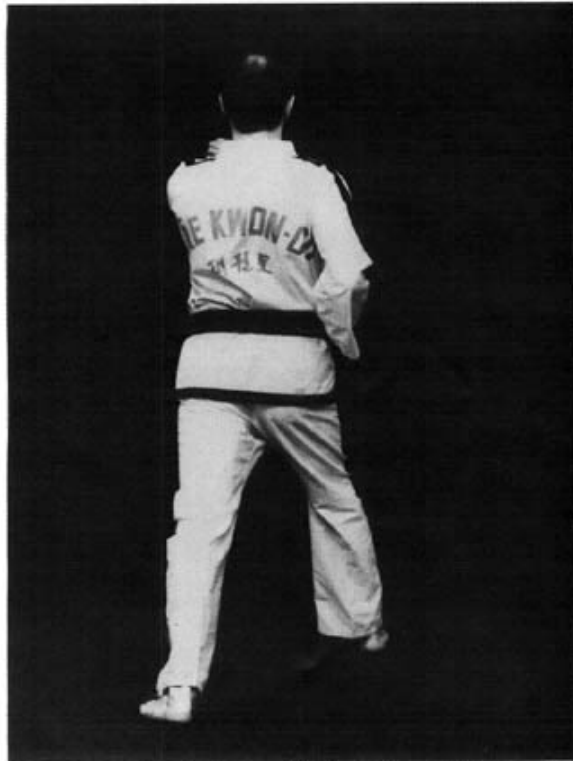
Previous Posture



Other View



44. Lower the right foot to C, forming a right walking stance toward C while executing a high strike to C with the left arc-hand.



Right walking stance high strike  
with the left arc-hand toward C.

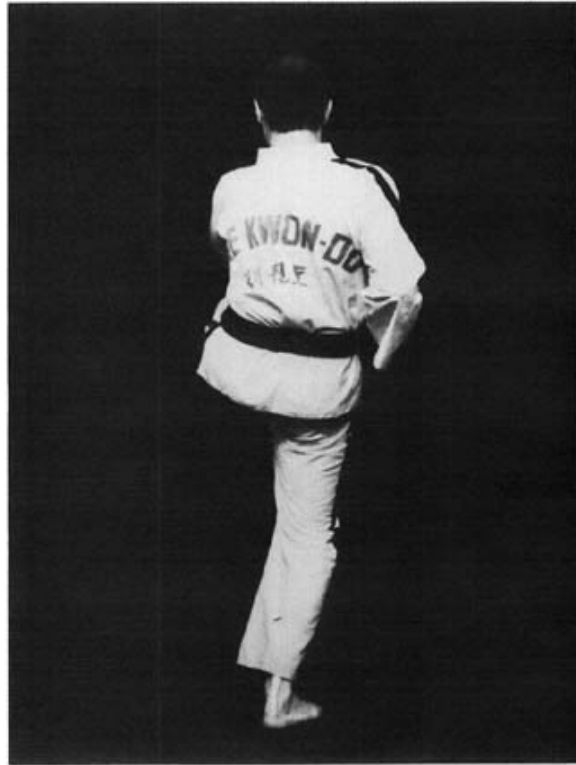
Previous Posture



Other View



45. Execute a middle front snap kick to C with the left foot, keeping the position of the hands as they were in 44.



Middle front snap kick to C  
with the left foot.

Application



Side View

Previous Posture

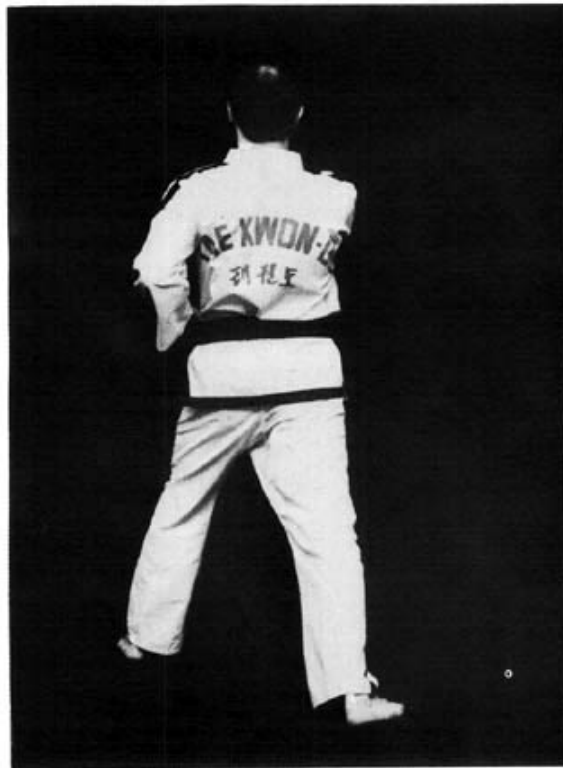


Side View





46. Lower the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the right fist.



Left walking stance middle punch with the right fist toward C.

Application



Previous Posture

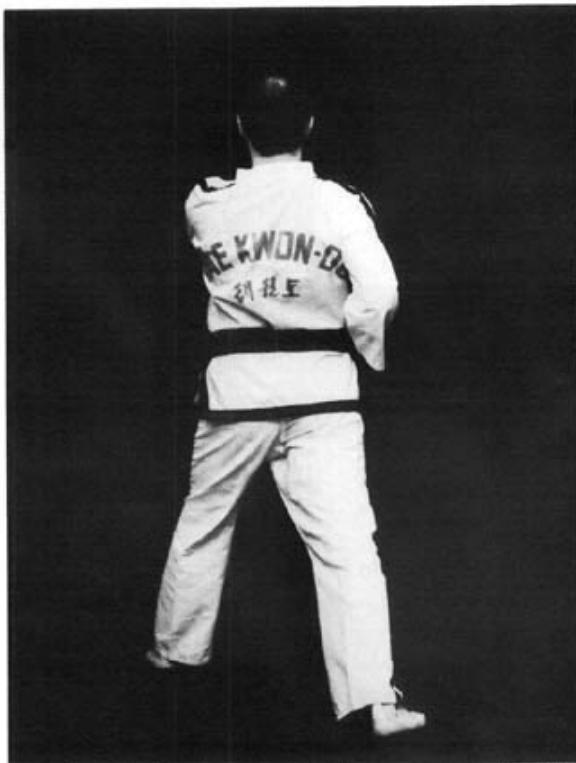


Top View



Other View

47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C. Perform 46 and 47 in a fast motion.



Left walking stance middle punch  
with left fist toward C.

Previous Posture

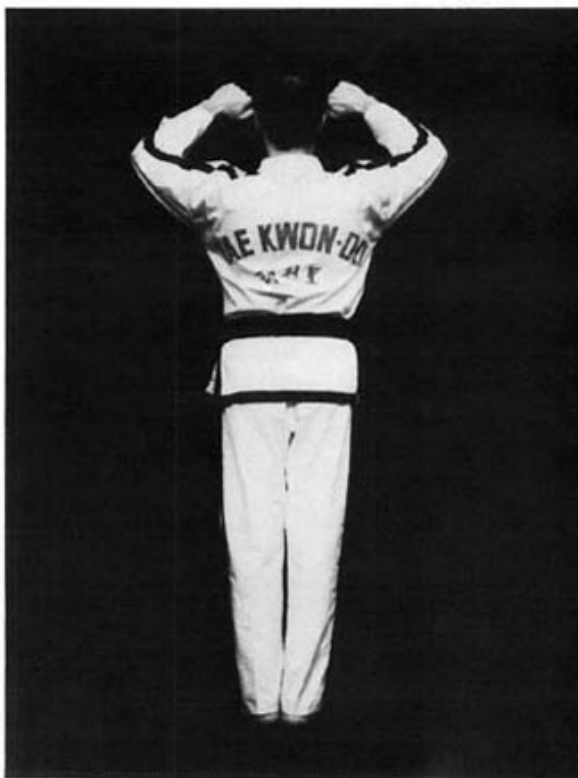


Keep the right heel slightly off the ground.



Side View

48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin fore-knuckle fist.



Close stance toward C with a twin fore-knuckle fist high crescent punch.

Application



Top View

Previous Posture



Other View

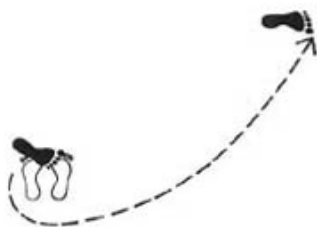


Other View

49. Move the left foot to B, turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.



Left walking stance low block with the right knife-hand toward B.



Previous Posture



Application



Other View





50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.

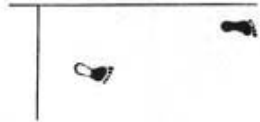


Left walking stance high punch with the right open fist toward B.

Previous Posture

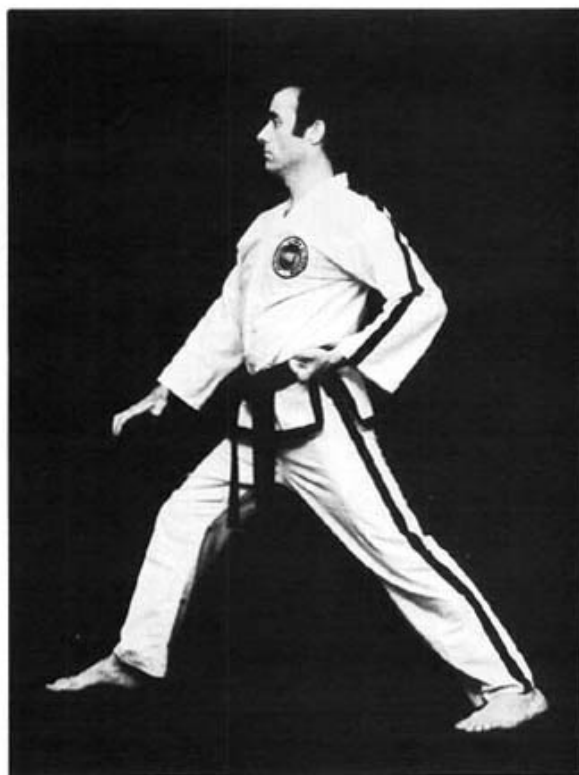


Keep the right heel slightly off the ground.



Application

51. Move the left foot on line AB, forming a right walking stance toward A while executing a low block to A with the right knife-hand.



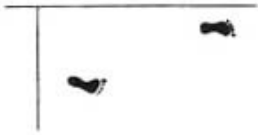
Right walking stance low block with the right knife-hand toward A.



Previous Posture



Keep the left heel slightly off the ground.



Application

52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.

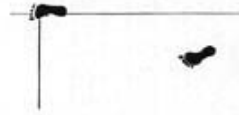
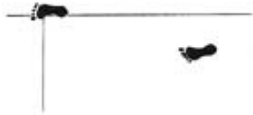


Right walking stance high punch with the right open fist toward A.

**Previous Posture**

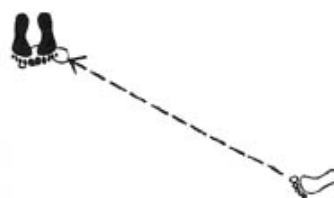


**Keep the left heel slightly off the ground.**



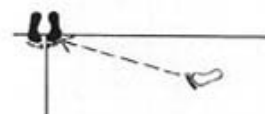
**Application**

**END: Bring the left foot back to a ready posture.**



**Close ready stance A toward D**

Previous Posture



Side View



**ADDITIONAL TECHNIQUES  
FOR  
PATTERN CHOONG-JANG**

**Sitting Stance Inner Forearm High Side Front Block**  
*(Annun So Anpalmok Nopunde Yopap Makgi)*



Front View



Side View

**Walking Stance Back Fist Front Strike** *(Gunnun So Dung Joomuk Ap Taerigi)*



Front View



Side View

**Walking Stance Double Finger Thrust**  
*(Gunnun So Doo Songarak Tulgi)*



Front View



Side View

**L-Stance Palm Scooping Block** *(Niunja So Sonbadak Duro Makgi)*

Side View



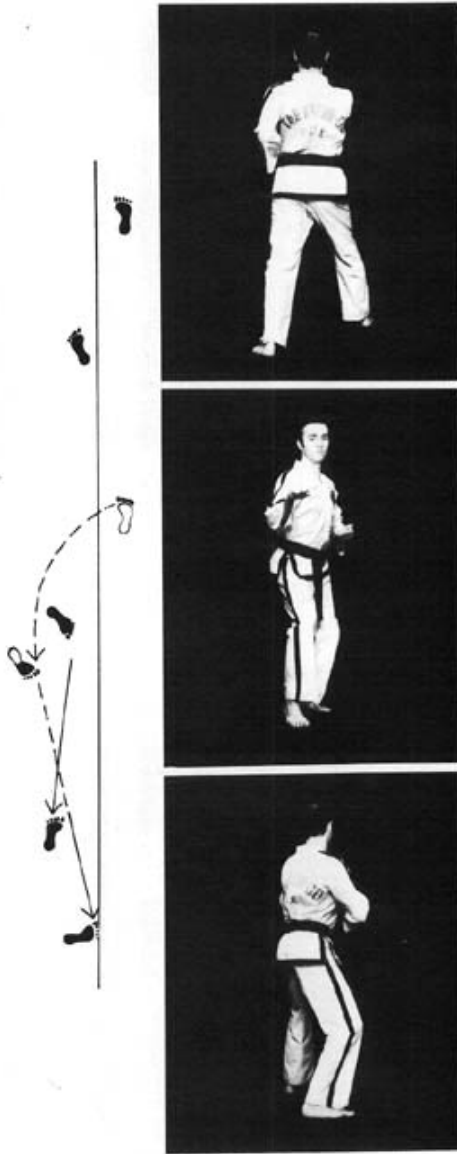
The palm reaches the same level as the solar plexus of the defender.

Front View

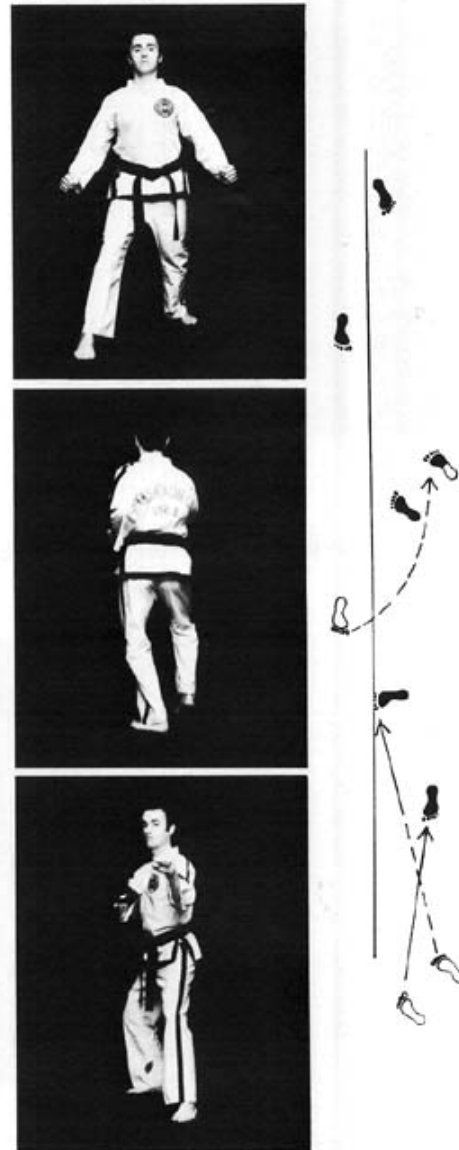


**Backward Step-Slide-Turning**  
*(Dwiro Omgyo Didigo Mikulmyo Dolgi)*

Right walking stance toward C.



Right walking stance toward D.



**Knee Low Front Snap Kick (*Moorup Apcha Busigi*)**

Front View



Side View



The knee reaches the same level as the lower abdomen of the attacker.

**Rear Foot Stance Twin Palm Pressing Block (*Dwitbal So Sang Sonbadak Noollo Makgi*)**

Front View



The blocking tool reaches the same level as groin area of the defender.

Side View



**Walking Stance Outer Forearm Obverse High Front Block**  
*(Gunnun So Bakat Palmok Nopunde Baro Apmakgi)*

Side View



Front View



The forearm stays at the center of the defender's body.

**L-Stance Flat Fingertip High Reverse Thrust**  
*(Niunja So Opun Sonkul Nopunde Badae Tulgi)*

Front View

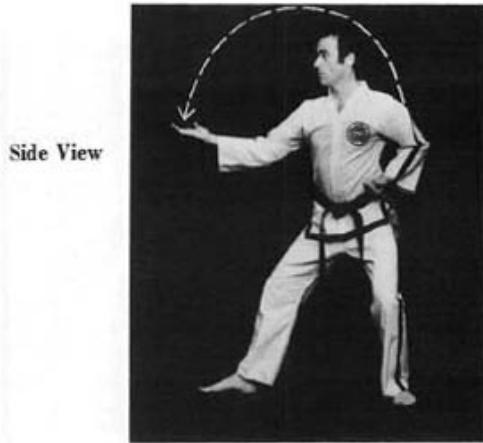


Side View



The fingertip reaches slightly above the eye level of the attacker.

**L-Stance Back Hand Downward Strike**  
*(Niunja So Sondung Naeryo Taerigi)*



The back hand reaches the target  
in a circular motion.

Front View



**Walking Stance Back Fist Side Front Strike**  
*(Gunnun So Dung Joomuk Yopap Taerigi)*

Front View



Side View



**L-Stance Reverse Knife-Hand Low Guarding Block**  
*(Niunja So Sonkaldung Najunde Daebi Makgi)*

Side View



Front View



**Walking Stance 9-Shape Block** *(Gunnun So Gutja Makgi)*

Front View



Side View



**Walking Stance Twin Knife-Hand Horizontal Strike**  
*(Gunnun So Sang Sonkal Soopyong Taerigi)*



**Front View**



**Side View**

**Walking Stance Arc-Hand High Reverse Strike**  
*(Gunnun So Bandal Son Nopunde Badae Taerigi)*

**Front View**



**Side View**



The arc-hand reaches the same level as the philtrum of the attacker.

**Close Stance Twin Fore-Knuckle Fist Crescent Strike**  
*(Moa So Sang Inji Joomuk Bandal Jirugi)*

Side View



Front View



**Walking Stance Open Fist High Reverse Punch**  
*(Gunnun So Pyonjoomuk Nopunde Badae Jirugi)*

Side View



Front View



The open fist reaches the same level as the philtrum of the attacker.