

TAEKWONDO UNITED



RED AND SENIOR RED PATTERN

CHOONG-MOO

31 MOVEMENTS

Was the name given to the great Admiral Hi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson), which was the precursor of the present day submarine in 1592 AD. This pattern ends with the left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.

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| Ready Stance | |
| 1. Left Knife hand Square Block | Left Back Stance |
| 2. Right Outside Knife hand Strike High/
Left Reverse High Block | Right Front Stance |
| 3. Right Double Knife hand Block | Right Back Stance |
| 4. Left Spear hand High | Left Front Stance |
| 5. Left Double Knife hand Block | Left Back Stance |
| 6. Right Side Kick | |
| 7. Left Double Knife hand Block | Left Back Stance |
| 8. Right Jump Side Kick (Yell) | |
| 9. Right Double Knife hand Block | Right Back Stance |
| 10. Left Low Block | Left Back Stance |
| 11. Twin Grab High | Left Front Stance |
| 12. Right Knee Strike | |
| 13. Right Reverse Ridge hand Strike High | Left Front Stance |
| 14. Right Round Kick | |
| 15. Left Spin Side Kick | |
| 16. Right Double Fist Block | Right Back Stance |
| 17. Left Round Kick | |
| 18. Right C-Block | Right Back Stance |
| 19. Jump 360/Right Double Knife Hand Block | Right Back Stance |
| 20. Right Reverse Spear hand Low | Left Front Stance |
| 21. Left Low Block/Right Reverse Back Fist | Left Back Stance |
| 22. Right Spear hand Middle | Right Front Stance |
| 23. Left Double Inner Forearm Block | Left Front Stance |
| 24. Right Supported Outside Block (Left Fist Under Elbow) | Sitting Stance |
| 25. Right Back fist | Sitting Stance |
| 26. Right Side Kick | |
| 27. Left Side Kick | |
| 28. Right Knife hand X-Block Middle | Right Back Stance |
| 29. Twin Palm Upset Strike High | Left Front Stance |
| 30. Right High Block | Right Front Stance |
| 31. Left Reverse Punch High (Yell) | Right Front Stance |