



Teoría Básica para el examen de 1º DAN (NEGRO)

Forma: CHOONG MOO

Tiene 30 movimientos.

Fué el nombre dado al Almirante Yi Soon-Sin de la Dinastía Yi. Su reputación se centra en la creación del primer acorazado (Kobukson) en 1592, que fué el precursor del actual submarino. La razón de que este tul termina con un golpe con la mano izquierda es simbolizar su deplorable muerte, no teniendo la oportunidad de exponer su lealtad hacia el rey.

POSICIONES BÁSICAS

GUNUN SO SONKAL NOPUNDE AP TAEREGI- Golpe circular al cuello con el canto de la mano.

NINJA SO PALMOK NAJUNDE MACKI- Bloqueo bajo con la parte exterior del antebrazo.

GUNUN SO SONKAL DUNG NOPUNDE AP TAEREGI- Golpe con el canto de la mano al cuello, hacia dentro, en posición de paso.

ANUN SO PALMOK KAUNDE AP MACKGI- Bloqueo al medio, hacia dentro, parte exterior del antebrazo, en posición semisentado.

ANUN SO DUNG JOOMUK NOPUNDE YOP TAEREGI- Golpe alto con el reverso del puño, en posición semisentado.

NINJA SO KYOCHA SONKAL KAUNDE MACKI- Bloqueo de control a la zona media con las manos abiertas cruzadas en X.

GUNUN SO SANG SONBADAK OLLYO MACKI- Doble bloqueo con las palmas de las manos.

TÉCNICAS DE PIERNA

TWYMIO BITURO CHAGI- Patada en curva con salto.

TWYMIO BANDAE DOLLYO CHAGI- Patada circular por detrás con giro y salto, pierna recta.

CHOONG-MOO

Name given the great Admiral Yi Soon Sin of the Yi Dynasty.
Reputed to have invented the first armored submarine.



PARALLEL
READY
STANCE



1. Move left foot to form right back stance while doing twin knife hand blocks.



2. Move right foot to form right front stance while doing right inner knife hand strike and left high section knife hand block.



3. Move right foot clockwise 180 degrees to form left back stance while doing middle section double knife hand block.



4. Move left foot to form left front stance while doing left high section spear finger thrust.



5. Move left foot counter-clockwise 90 degrees to form right back stance while doing middle section double knife hand block.



6. Shift weight to left foot while forming left single leg stance and doing middle section double fist guarding block.



7. Execute right high section side piercing kick.



8. Sliding back, lower right foot to form right back stance while facing 180 degrees and doing middle section double knife hand block.



9. Stepping forward execute jumping right side piercing kick.



10. Land in left back stance while doing middle section double knife hand block.



11. Move left foot counter-clockwise 90 degrees to form right back stance while doing left low section block.



12. Move left foot to form left front stance while doing twin high section spearfinger thrust.



13. Execute right middle section knee strike while lowering both palms.



14. Lower right foot to left then turn counter-clockwise 180 degrees moving left foot to form left front stance while doing right high section ridge hand strike.



15. Execute right high section round kick.

CHOONG-MOO (Cont.)



16. Continue turning motion lower right foot next to left then do left high section back kick.



17. Lower left foot to form left back stance facing opposite direction while doing double fist guarding block.



18. Execute left high section round kick at 45 degree angle.



19. Lower left foot to right then move right foot to form left back stance while doing "U" shaped block.



20. Jump counter-clockwise 360 degrees landing in left back stance while doing middle section double knife hand block.



21. Move left foot to form left front stance while doing right low section reverse palm heel strike.



22. Slide back to form right back stance while doing right high section back fist.



23. Move right foot to form right front stance while doing right middle section supported spear finger thrust.



24. Move left foot counter-clockwise 270 degrees to form left front stance while doing left double forearm block.



25. Move right foot counter-clockwise 90 degrees to form middle sitting stance while doing middle section outer forearm block to front.



26. Execute right high section back fist.



27. Execute right high section turning side kick.



28. Execute left high section turning side kick.



29. Lower left foot to right then step right foot to form left back stance while doing middle section "X" block.



30. Move left foot to form left front stance while doing twin palm heel upward blocks.



31. Move left foot to line with right then turn counter-clockwise 180 degrees then move right foot to form right front stance while doing right high section block.



32. Execute middle section left reverse punch.



END: Right foot returns to parallel ready stance.

