

REVISION NOTES

1. PARTS OF THE BODY

Side fist
Reverse knife hand

YOP JOOMUK
SONKAL DUNG

2. STANCES

One leg stance

WAE BAL SOGI

3. BASIC MOVEMENTS**1. DEFENSIVE**

Checking block
Downwards block
Double arc-hand
Block

MOMCHAU MAKGI
NAERYO MAKGI
DOO BANDALSON MAKGI

2. OFFENSIVE

Stamping kick
Sweeping kick
Overhead kick
Flat fingertip thrust

CHA BAPGI
GORO CHAGI
TWIO NOMO CHAGI
OPUN SONKUT TULGI

4. PATTERN (TUL)

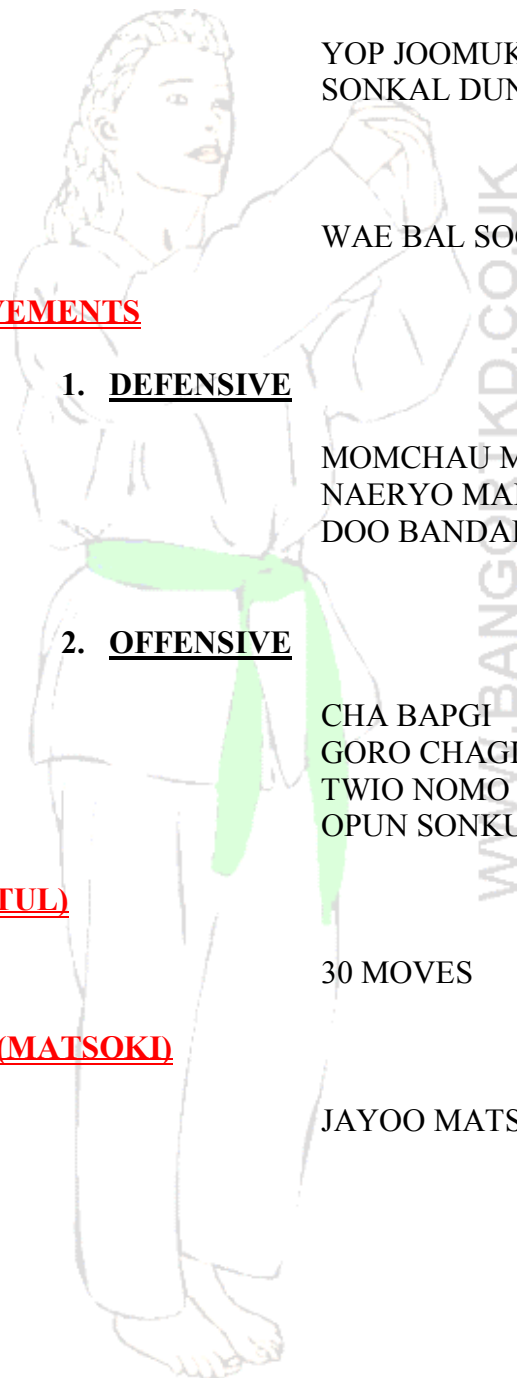
CHOONG MOO

30 MOVES

5. SPARRING (MATSOKI)

Free sparring

JAYOO MATSOKI

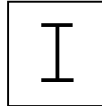


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PATTERN CHOONG- MOO

NUMBER OF MOVEMENTS 30

DIAGRAM



STEP	MOVE	STANCE	TECHNIQUE
			START IN NARANI CHUNBI SOGI
1	Move L Ft To L	R Niunja	Sang Sonkal Makgi
2	Step Fwd	R Gunnun	Nopunde Ap Sonkal Taerigi (At the same time bring left hand back in front of forehead)
3	180 Clockwise Moving R Ft	L Niunja	Kaunde Sonkal Daebi Makgi
4	Step Fwd	L Gunnun	Nopunde Sonkut Tulgi
5	L Ft 90 To L	R Niunja	Kaunde Sonkal Daebi Makgi
6	Turn 180 To Face	L Goburyo	-
7	Using R Ft	-	Kaunde Yop Chajirugi
8	Lower R Ft And Turn 180 To Face	R Niunja	Kaunde Sonkal Daebi Makgi
9	Jumping Fwd Using R Ft And Landing In	L Niunja	Twimyo Yop Chajirugi Kaunde Sonkal Daebi Makgi
10	Turning Anti-Clockwise 90 Moving L Ft	R Niunja	Najunde Bakat Palmok Makgi
11	Slip L Ft Fwd	-	Grab Imaginary Opp Head With Both Hands
12	Using R Knee	-	Ollyo Moorup Chagi (Whilst Pulling Both Hands Down)
13	Lower R Ft To L Ft Then Turn 180 Anti-Clockwise	L Gunnun	Nopunde Ap Sonkal Dung Taerigi
14	Using R Ft Fwd	-	Nopunde Dollyo Chagi
15	Lower R Ft To L Ft	-	Kaunde Dwit Chajirugi
16	Turn 180 To Face And Lower L Ft Into	L Niunja	Kaunde Palmok Daebi Makgi
17	Using L Ft	-	Kaunde Dollyo Chagi
18	Lower L Ft To R Ft and Using R Ft Turn 90 Clockwise	R Gojong	Digutja Makgi

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19	Jump And Turn Anti-Clockwise Landing On Same Spot	L Niunja	Kaunde Sonkal Daebi Makgi
20	Step Fwd	L Gunnun	Bandae Najunde Dwijibun Sonkut Tulgi
21	Pull L Ft Strike To Back	R Niunja	Nopunde Dung Joomuk Taerigi & Wen Najunde Bakat Palmok Makgi
22	Step Fwd	R Gunnun	Kaunde Son Sonkut Tulgi
23	Turn 270 Anti-Clockwise	L Gunnun	Nopunde Doo Palmok Makgi
24	Move R Ft Fwd And Using R Hand	Annun	Kaunde Ap Bakat Palmok Makgi Followed By Nopunde Yop Dung Joomuk Taerigi
25	Turn 180 To Face And Using R Ft	-	Kaunde Yop Chajirugi
26	Lower R Ft And Using L Ft	-	Kaunde Yop Chajirugi
27	Lower L Ft And Then Face Opp Direction	L Niunja	Kaunde Kyocha Sonkal Yop Momchau Makgi
28	Step Fwd	L Gunnun	Ollyo Sang Sonbadak Makgi
29	Dwiyo Torro	R Gunnun	Chookyo Makgi
30	-	-	Kaunde Bandae Jirugi