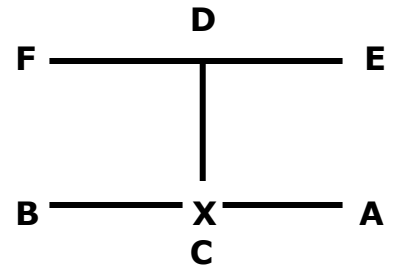


CHOONG-MOO: 1ST GRADE HIGH-RED BELT FORM

NEW BLOCKS: Crossing Outer Forearm Block,
Knifehand X-Block, Twin Upset Palm Block,
Reverse Knifehand High Block
NEW STRIKES: Reverse Ridgehand Strike
NEW KICKS: Reverse Side Kick, #2 Jump Side Kick



READY STANCE: Left Parallel Ready Stance

1. Left foot steps to B into right back stance, left knifehand square block.
2. Right foot steps to B into right front stance. At the same time, left reverse knifehand high block and right upset knifehand strike to high section.

3. Right foot steps clockwise to A into left back stance, right double knifehand block.
4. Left foot steps to A into left front stance, left horizontal spearhand strike to high section.

5. Left foot steps to D into right back stance, left double knifehand block.
6. No step. Pull right foot to left knee into left one-leg stance to C, right double outer forearm block.
7. Right #1 side kick.
8. Step down to C turning counter clockwise to D into right back stance, left double knifehand block.

9. Right foot steps to D one stance length. Left foot steps to D one stance length, right #2 jump side kick (left foot steps down in same spot of jump.) **KIHAP**
10. Step down into left back stance, right double knifehand block.

11. Left foot steps counter clockwise to E into right back stance, left low block.
12. Left foot steps to E into left front stance, twin palm head grab with hands held vertically.
13. Right #2 knee kick through hands.
14. Step down to left foot. Left foot steps to F turning counter clockwise into left front stance, right reverse ridgehand strike (back of left hand placed under right elbow) to high section.

15. Right #2 round kick to F.
16. Step down to left foot (turning 180 degrees counter clockwise), left reverse side kick.
17. Step down to F turning clockwise to E into left back stance, right double outer forearm block.

18. Left #2 round kick to E.
19. Step down to right foot. Right foot steps to C into left back stance, right U-shape block.
20. Jump turning counter clockwise 360 degrees, landing on the same spot in left back stance to C, right double knifehand block.

21. Left foot steps to C into left front stance, right reverse upset spearhand strike to low section. At the same time, pull left fist in front of right shoulder (palm in.)
22. Left foot steps to line CD into right back stance to C, left low block/right high backfist.
23. Right foot steps to C into right front stance, right vertical spearhand (back of left open hand is placed under right elbow) to mid section.

24. Left foot steps counter clockwise to B into left front stance, left double inner forearm block.
25. Right foot steps to line AB into middle stance to C, right crossing outer forearm block.
26. No step. Right backfist to B to high section.

27. Pivot counter clockwise to A, right #2 side kick.
28. Step down one stance length, left #2 side kick.
29. Step down one stance length turning clockwise to B into left back stance, knifehand X-block to mid section.

30. Left foot steps to B into left front stance, twin upset palm block to mid section.
31. Left foot steps to AB. Right foot steps turning clockwise to A into right front stance, right high block.
32. No step. Left reverse punch to mid section. **KIHAP**

END: Left foot steps back to ready stance.