

# Black Strip To Temp. 1<sup>st</sup> Dan

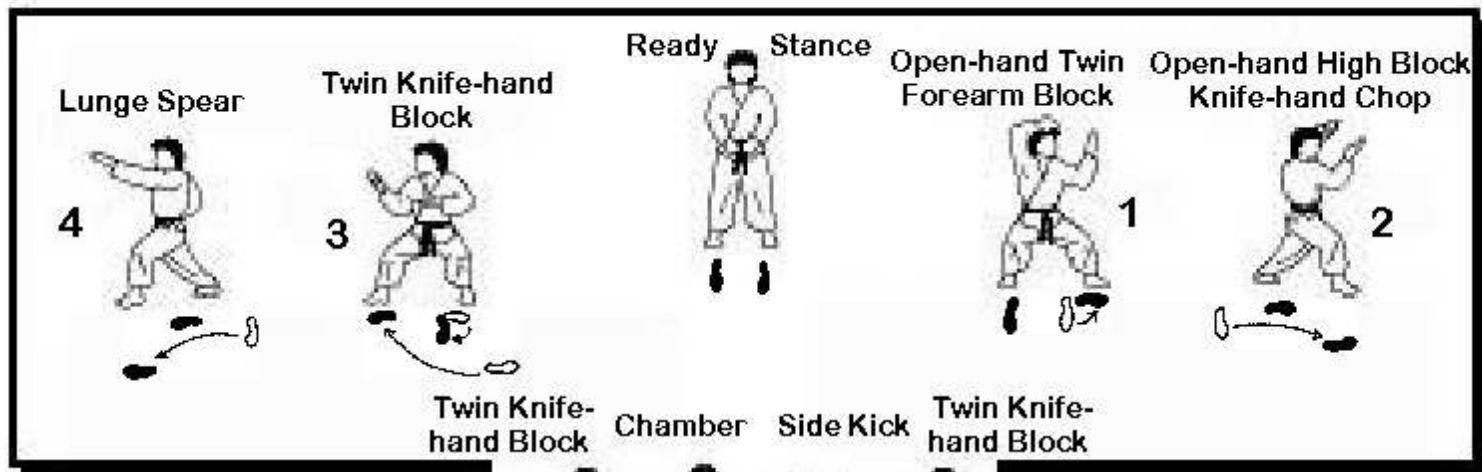




## **Self Defense**

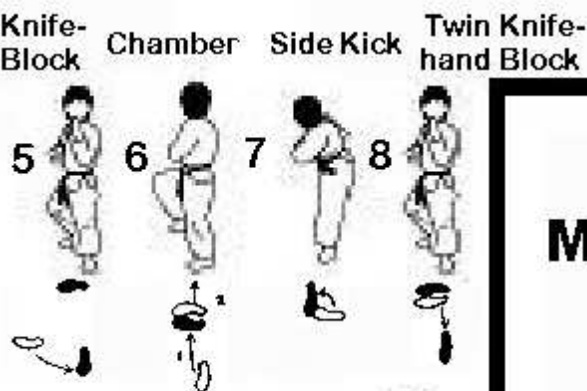
**(Black Stripe to Temp. 1<sup>st</sup> Dan)**

- 51) Front Hair Grab: Counter grab wrist; step in with corresponding foot; reverse close punch to groin; step in and rising elbow.**
- 52) Rear Double Arm Hook: Stomp to instep; side stomp to knee; head smash; grab groin.**
- 53) Rear Tackle: Side step and side kick to rear.**
- 54) Side Shoulder Grab Stomachs Opposite: Side stomp to back of knee; palm thrust to back of head.**
- 55) Knee To Face Kneeling Position: Circular double forearm cover block to double elbow to thigh; close punch to groin.**

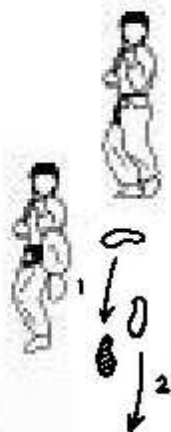


# Choong-moo

**30  
Movements**

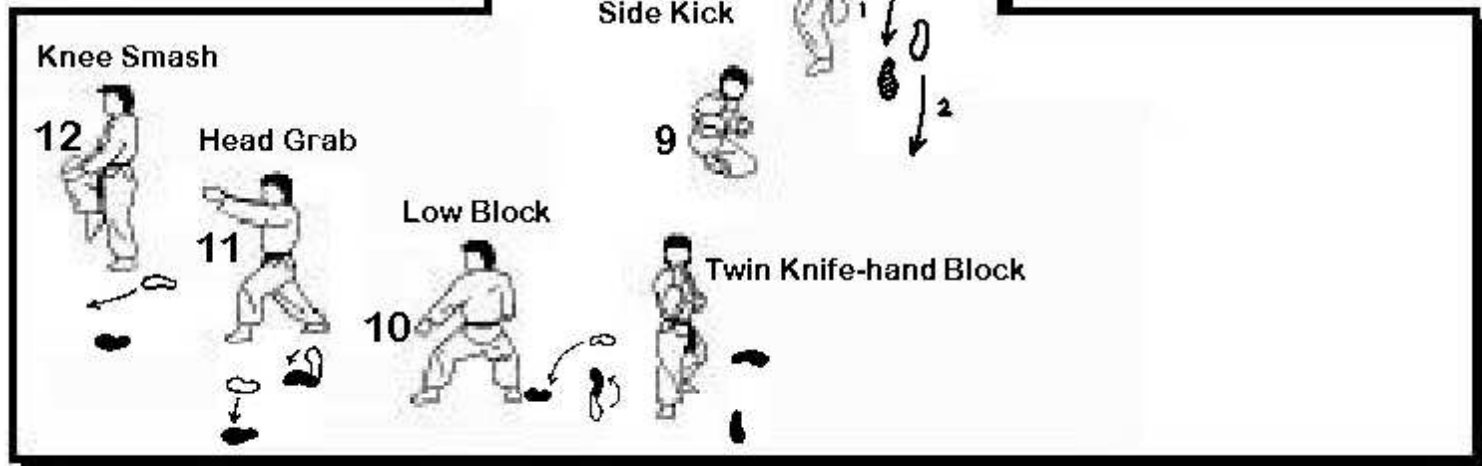


One Step  
Jump Turning  
Side Kick

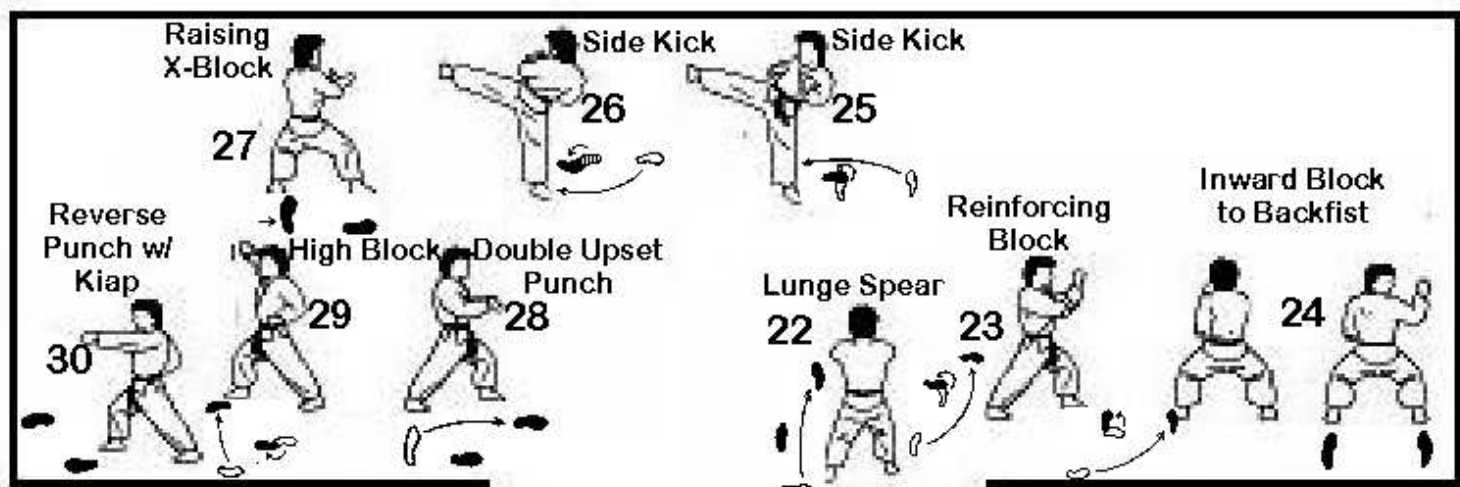


9

Twin Knife-hand Block

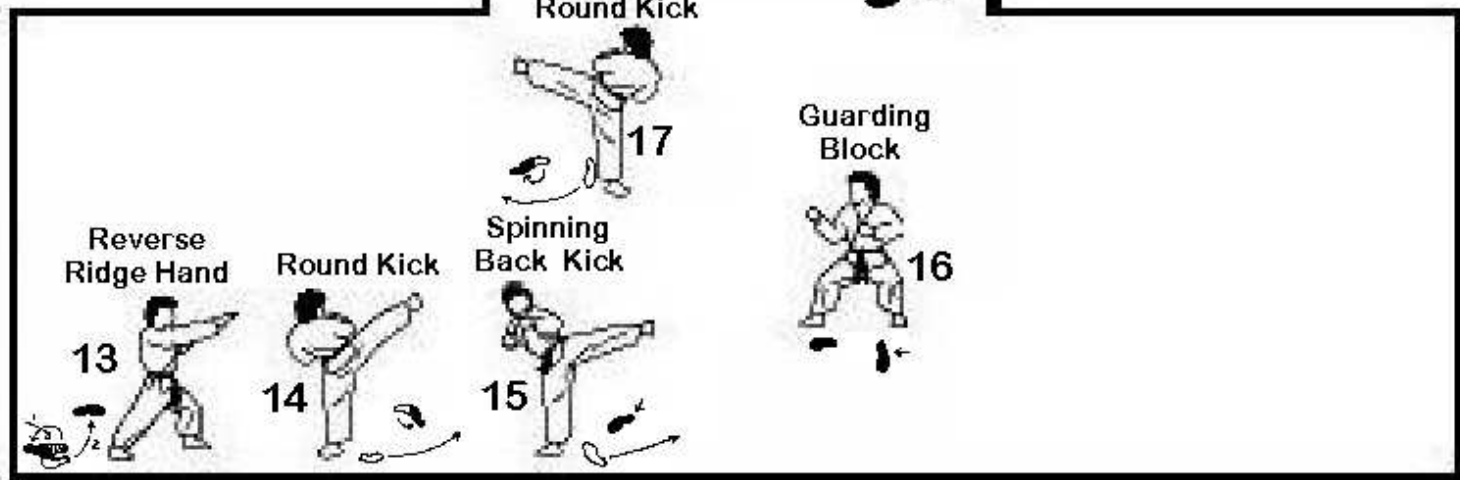
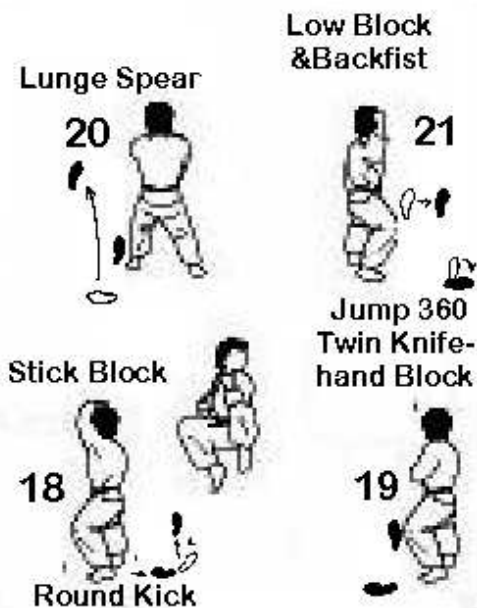


The form Choong-moo is required for advancement from red belt with black stripe (1st gup) to temporary black belt (1st Dan). The pattern is named for Admiral Yi Sun Sin, inventor of the first armored battleship.



# 충무

# Choong-moo



Admiral Yi Sun Sin is reputed to have been a master naval tactician and was given the honorary name Choong-moo. The ending left hand strike of the form represents his untimely death.

