**Choong Moo**

Brown Belt Form

Meaning: Shape: Named after the Admiral Yi Soon Sin, of the Yi Dynasty. He invented the first armored battleship, the “Kubuksan” or turtle boat (the precursor to the modern day submarine). The form ends with a left handed attack to show he never got the chance to show his true potential to the king.

Number of movements: 30

Shape: I

Kihap Points: 12 & 30

Begin at Parallel Ready Stance:

1. Step to right back stance twin open
2. Step to right front stance swallow tail strike
3. Turn 180 degrees back side left back stance double knife hand block
4. Step to left front stance lead face poke
5. Turn 90 degrees back side right back stance double knife hand block
6. Turn 180 degrees belt side right knee bending stance guarding block
7. Right leg side kick land in right back stance double knife hand block

8-9: Flying side kick land in left back stance down block, transition to left front stance hand grab.

10-11: Turn 270 degrees belt side right back stance down block, transition to left front stance head grab.

1. Rear leg knee smash (KIHAP)
2. Turn 180 degrees left front stance high section ridge hand strike

14-16: Round house kick, back kick land in left back stance guarding block

17-18: 45 degrees round house kick, step to left back stance stick block

1. Jump spin 360 degrees land in left back stance double knife hand block
2. Step to left front stance groin thrust
3. Re-chamber to right back stance down block, backfist strike
4. Step to right front stance body thrust
5. Turn 270 degrees belt side left front stance pushing block
6. Step to horse riding stance hammer block back fist strike

25-27: Turn 180 degrees side kick, side kick, land in left back stance X block

28. Step to left front stance scooping block

29-30: Turn 180 degrees belt side right front stance rising block punch (KIHAP)

When called to ready, return to ready stance