



**TAEKWONDO AMERICA**

**RED BELT**

# RED AND SENIOR RED BELT

## PATTERN

### CHOONG-MOO

31 Movements

*Was the name given to the great Admiral Hi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592 A.D., which was the precursor of the present day submarine in 1592 AD. This pattern ends with the left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.*

#### Stance A

- |  |                    |
|--|--------------------|
| 1. Left Knifehand Square Block                                       | Left Back Stance   |
| 2. Right Outside Knifehand Strike /Left Reverse Knifehand High Block | Right Front Stance |
| 3. Right Double Knifehand Block                                      | Right Back Stance  |
| 4. Left Horizontal Spearhand High                                    | Left Front Stance  |
| 5. Left Double Knifehand Block                                       | Left Back Stance   |
| 6. Right Side Kick   |                    |
| 7. Left Double Knifehand Block                                       | Left Back Stance   |
| 8. <b>Right Jump Side Kick (Ki-Hap)</b>                              |                    |
| 9. Right Double Knifehand Block                                      | Right Back Stance  |
| 10. Left Low Block   | Left Back Stance   |
| 11. Twin Grab High   | Left Front Stance  |
| 12. Right Knee Strike  |                    |
| 13. Right Reverse Ridgehand Strike High                              | Left Front Stance  |
| 14. Right Round Kick   |                    |
| 15. Left Spin Side Kick  |                    |
| 16. Right Double Fist Block  | Right Back Stance  |
| 17. Left Round Kick  |                    |
| 18. Right C-Block  | Right Back Stance  |
| 19. Right Double Knife Hand Block                                    | Right Back Stance  |
| 20. Right Reverse Spearhand Low                                      | Left Front Stance  |
| 21. Left Low Block/Right Downward Backfist                           | Left Back Stance   |



22. Right Spearhand Middle	Right Front Stance
23. Left Double Inner Forearm Block	Left Front Stance
24. Right Supported Outside Block	Sitting Stance
25. Right Backfist	Sitting Stance
26. Right Side Kick	
27. Left Side Kick	
28. Right Knifehand X-Block Middle	Right Back Stance
29. Twin Palm Upset Strike High	Left Front Stance
30. Right High Block	Right Front Stance
31. <b>Left Reverse Punch High (Ki-Hap)</b>	Right Front Stance



## BOARD BREAKING REQUIREMENTS

Red Belts must break with either a Round Kick or Side Kick and 1 approved hand techniques.

MALES - AGES	REBREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11 and 12	Green	9 Inch
13 and 14	Blue	11 Inch
15	Brown	2 X 11 inch
16 and above	Black	2 X 11 inch

FEMALES - AGES	REBREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11 and 12	Green	9 Inch
13 and 14	Blue	11 Inch
15 and Above	Blue/ Brown	11 Inch

