

**Choong-Moo**

**Red Belt**  
**Parallel Ready Stance**

Technique			Stance	Target
1	Left	Knifehand square block	Back L	High
2	Right	Knifehand strike/high block	Front	Middle/High
3	Right	Double knifehand block	Back L	Middle
4	Left	Horizontal spearhand	Front	High
5	Left	Double knifehand block	Back L	Middle
6	Right	Sidekick		Middle
7	Right	Double knifehand block		Middle
8	Right	Flying side kick		High
9	Right	Double knifehand block <b>(Kihap)</b>	Back L	Middle
10	Left	Low block	Back L	Low
11	Balanc	Head grab	Front	High
12	Right	Knee kick		Middle
13	Right	Downward palm block/Ridgehand strike	Front	High
14	Right	Turning round kick		High
15	Left	Reverse side kick (continuous motion)		Middle
16	Right	Double outer forearm block	Back L	Middle
17	Left	Turning round kick		Middle
18	Right	Pole block	Back L	Low/High
19	Right	Jump 360 Double knifehand block	Back L	Middle
20	Right	Reverse inverted spear thrust	Front	Low
21	Left	Low block/backfist	Back L	Low/High
22	Right	Vertical spear thrust	Front	Middle
23	Left	Double inner forearm block	Front	Middle

Technique			Stance	Target
24	Right	Inward block	Middle	Middle
25	Right	Backfist	Same	High
26	Right	Turning side kick		Middle
27	Left	Turning side kick		Middle
28	Right	Knifehand X-block	Back L	Middle
29	Left	Twin palm upward strike	Front	Middle
30	Left	High block	Front	High
31	Left	Reverse punch <b>(Kihap)</b>	Same	Middle
***30 moves, Left Foot Returns				