

Brown Belt

Form Name: Choong-Mu

Choong-Mu was an admiral who invented the first armoured battleship.

32 Movements 2 Yells

The Brown belt represents the trunk of the tree. The tree can continue to grow only if it has a solid trunk and foundation for support.

FORM

TECHNIQUE

1. Left Knifehand Square Block
2. R Upset Knifehand/L High Block
3. Right Double Knifehand Block
4. Left High Section Spearhand
5. Left Double Knifehand Block
6. R Double Outer Forearm Block
7. R Sidekick
8. Left Double Knifehand Block
9. Right Flying Sidekick (*Kihap!*)
10. Right Double Knifehand Block
11. Left Low Block
12. Twin Neck Grab
13. Right Knee Strike
14. R Supported Ridgehand Strike
15. Right Roundhouse Kick
16. Left Spin Sidekick
17. R Double Outer Forearm Block
18. Left Round Kick
19. Right Stick Block
20. Right Double Knifehand Block
21. R Low Upset Palm Heel Strike
22. R. Side Block/L. Low Block
23. Right Spearhand Strike
24. Left Sang Soo Block
25. Right Inward Forearm Block
26. Right Backfist Strike
27. Right Turning Sidekick
28. Left Turning Sidekick
29. Twin X-Block
30. Twin Tension Upset Palm Heel
31. Right High Block
32. Left High Punch (*Kihap!*)

Ba-roh! Right foot back to ready position

ONE-STEP

1. Attacker: Right handed downward "ice pick" attack stepping in with the right foot.
Defender: Step back with right foot and kihap! Right arm up to block and grab arm, Left hand up to grab arm underneath, Lift Attacker's arm and step through, Step back and force the knife down, Stab Attacker with knife (*Kihap*).
2. Attacker: Right handed "spearing jab" attack while stepping in with the right foot.
Defender: Step back with right foot and kihap! Right hand blocks down and grabs hand, Left arm down to block & grab arm, Turn and step under arm, Bring arm down for elbow break, Right arm reaches across around neck, Execute hip throw down to the floor, Execute finishing technique (*Kihap*).
3. Attacker: Right handed inward slash.
Defender: Step back with right foot and kihap! Step in with right foot, Block arm with left hand, Right reverse knifehand strike to neck, Left hand grabs wrist, Right inward elbow strike to head, Right reverse knifehand strike to head, Right arm inward elbow break, Step under the arm and apply pressure, Right spin hook kick to head.

