

# Brown Belt / Chung-Mu

**Form Name: Chung-Mu** (pronounced Choong Moo)  
Chung-Mu was an admiral who invented the first armored 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.

## Technique

1. Left knifehand square block -----
2. Rt. Upset knifehand / Lt. high block---
3. Right double knifehand block -----
4. Left high Spearhand -----
5. Left double knifehand block -----
6. Right double outer forearm block -----
7. Right sidekick -----
8. Left double knifehand block -----
9. 2 step / Right flying sidekick - (kihap)-
10. Right double knifehand block -----
11. Left low block -----
12. Twin neck grab -----
13. Right knee strike -----
14. Right reinforced ridgehand strike -----
15. Right roundhouse kick -----
16. Left spin sidekick -----
17. Right double outer forearm block -----
18. Left roundhouse kick -----
19. Right stick block -----
20. Right double knifehand block -----
21. Right low upset palm heel strike -----
22. Lt low block / Rt back fist (Temple)--
23. Right Spearhand strike -----
24. Left double inner forearm block -----
25. Right upset our forearm block / pulling left fist 90° to right elbow ---
26. Right back fist (Temple) -----
27. Right turning sidekick -----
28. Left turning sidekick -----
29. Twin middle knifehand X-block -----
30. Tension twin upset palm heel block --
31. Right high block -----
32. Left reverse middle punch --- (kihap)---

## Stance

- Right Back  
Right Front  
Left Back  
Left Front  
Right Back  
Left One Leg  
--  
Right Back  
--  
Left Back  
Right Back  
Left Front  
Left One Leg  
--  
--  
Left Back  
--  
Left Back  
Left Back  
Left Front  
Right Back  
Right Front  
Left Front  
--  
Middle  
--  
--  
--  
Left Back  
Left Front  
Right Front  
--

**Ba-roh!**

Move right foot up to ready position

## One Step / Knife Defense

1. **Attacker:** Facing partner, attack with the right-hand downward knife strike, landing in a right front stance.  
**Defender:** Block the attacking arm with a left hand high block, with the right hand grabbed the attacking arm at the wrist while turning your back to the attacker with the knife facing them, left leg steps through and back thrusting the knife to the groin area and kihap.
2. **Attacker:** Facing partner, attack with a right hand straight forward thrust of the knife from the waist to the midsection of the body landing in a right front stance  
**Defender:** Right foot steps back at the same time execute a left knifehand strike low to the attacking arm, with the right hand grabbed the attackers are just below the knifehand strike at the wrist, swinging the arm counterclockwise, step through with the left foot turning your back to the attacker, executed and elbow break over your right shoulder reach back with your rate are and execute a right inside forearm strike to the left side of attacker's neck while pulling the attackers left arm to execute a takedown. Two punches to the body and kihap.
3. **Attacker:** Facing partner, right-hand attack with the outside to inside lateral knife strike landing in a right front stance.  
**Defender:** Right foot steps forward into a left back stance at the same time execute a left knife outer hand block with a right reverse upset knifehand strike, use a right N-word forearm to apply elbow break, grab attackers wrist with a inner double thumb wrist lock while stepping through, thrust the attacker forward, then execute a right spinning heel kick to the head and kihap.

