

# 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

### STANCE

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

**Bar-rohl!** Right foot back to ready position

## ONE-STEPS

- 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!*).
- 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!*).
- 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.

