

# 1ST GRADE BROWN BELT

## CHOONG MU

### TECHNIQUE

### STANCE

Parallel ready position

1. Left knifehand square block	Right back
2. Right reverse knifehand strike Left knifehand high block	Right front
3. Right double knifehand block	Left back
4. Left high spearhand strike	Left front
5. Left double knifehand block	Right back
6. Right double outer forearm block	Left one leg
7. Right side kick	
8. Left double knifehand block	Right back
9. Right jump side kick (kihap)	
10. Right double knifehand block	Left back
11. Left low block	Right back
12. Twin head grab	Left front
13. Right knee strike	
14. Right reverse high ridgehand strike	Left front
15. Right round kick	
16. Left reverse sidekick	
17. Right double outer forearm block	Left back
18. Left round kick	
19. Left C-block	Left back
20. Right double knifehand block	Left back
21. Right reverse low palm heel strike	Left front
22. Left low block-right backfist	Right back
23. Right middle spearhand strike	Right front
24. Left double inner forearm block	Left front
25. Right single inward forearm block	Middle
26. Right backfist	
27. Right turning side kick	
28. Left turning side kick	
29. Twin middle X-block with knifehands	Left back
30. Tension twin palm upset block	Left front
31. Right high block	Right front
32. Left reverse middle punch (kihap) Move right foot up to ready position	