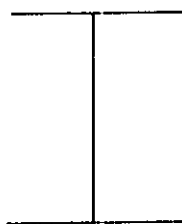


CHOONG-MU HYUNG

Pronounced (Choong-Moo)

Choong-Mu was the name given to the great Admiral Sun Shin Yi of the Yi Dynasty. He was reputed to have invented the first armored battleship which was the precursor of the present day submarine. The form ends with a left handed attack to symbolize his regrettable death at an early age which cut short his promising career.

The pattern made by this form:



of Movements-32

of Kihaps- 2

#9 Right jump Side Kick

#32 Left Reverse Punch

The brown color of the belt represents the trunk of the tree.
Atree can continue to grow stronger and taller only if it has a solid trunk for support...
the Taekwondo student therefore, must also have a strong foundation to build upon.