



TAEKWONDO AMERICA

RED BELT

RED AND SENIOR RED BELT

PATTERN

CHOONG-MOO

31 Movements

Was the name given to the great Admiral Hi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592 A.D., which was the precursor of the present day submarine in 1592 AD. This pattern ends with the left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.

Stance A

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| 1. Left Knifehand Square Block | Left Back Stance |
| 2. Right Outside Knifehand Strike /Left Reverse Knifehand High Block | Right Front Stance |
| 3. Right Double Knifehand Block | Right Back Stance |
| 4. Left Horizontal Spearhand High | Left Front Stance |
| 5. Left Double Knifehand Block | Left Back Stance |
| 6. Right Side Kick | |
| 7. Left Double Knifehand Block | Left Back Stance |
| 8. Right Jump Side Kick (Ki-Hap) | |
| 9. Right Double Knifehand Block | Right Back Stance |
| 10. Left Low Block | Left Back Stance |
| 11. Twin Grab High | Left Front Stance |
| 12. Right Knee Strike | |
| 13. Right Reverse Ridgehand Strike High | Left Front Stance |
| 14. Right Round Kick | |
| 15. Left Spin Side Kick | |
| 16. Right Double Fist Block | Right Back Stance |
| 17. Left Round Kick | |
| 18. Right C-Block | Right Back Stance |
| 19. Right Double Knife Hand Block | Right Back Stance |
| 20. Right Reverse Spearhand Low | Left Front Stance |
| 21. Left Low Block/Right Downward Backfist | Left Back Stance |
| 22. Right Spearhand Middle | Right Front Stance |

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| 23. Left Double Inner Forearm Block | Left Front Stance |
| 24. Right Supported Outside Block | Sitting Stance |
| 25. Right Backfist | Sitting Stance |
| 26. Right Side Kick | |
| 27. Left Side Kick | |
| 28. Right Knifehand X-Block Middle | Right Back Stance |
| 29. Twin Palm Upset Strike High | Left Front Stance |
| 30. Right High Block | Right Front Stance |
| 31. Left Reverse Punch High (Ki-Hap) | Right Front Stance |

BOARD BREAKING REQUIREMENTS

Red Belts must break with either a Round Kick or Side Kick and 1 approved hand techniques.

MALES - AGES	REBREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11, 12 and 13	Green	9 Inch
14	Blue	11 Inch
15	Brown	2 X 11 inch
16 and above	Black	2 X 11 inch

FEMALES - AGES	REBREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11, 12, and 13	Green	9 Inch
14	Blue	11 Inch
15 and Above	Blue/ Brown	11 Inch