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
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  
22. Right Spearhand Middle  
23. Left Double Inner Forearm Block  
24. Right Supported Outside Block  
25. Right Backfist  
26. Right Side Kick  
27. Left Side Kick  
28. Right Knifehand X-Block Middle  
29. Twin Palm Upset Strike High  
30. Right High Block  
31. **Left Reverse Punch High (Ki-Hap)**
BOARD BREAKING REQUIREMENTS

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

### MALES - AGES

<table>
<thead>
<tr>
<th>MALES - AGES</th>
<th>REBREAKABLE BOARDS</th>
<th>WOOD BOARDS</th>
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</thead>
<tbody>
<tr>
<td>5 and 6</td>
<td>Yellow</td>
<td>4.5 Inch</td>
</tr>
<tr>
<td>7 and 8</td>
<td>Orange</td>
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<td>9 and 10</td>
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<tr>
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<tr>
<td>15</td>
<td>Brown</td>
<td>2 X 11 inch</td>
</tr>
<tr>
<td>16 and above</td>
<td>Black</td>
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