

Choong Moo

Parallel Ready Stance

1. Look left and then move the left foot 90 degrees left into an L Shaped Stance and as you shift your weight back, do a Twin Knifehand Forearm Block.
2. Place your left Knifehand on your belt and your right Knifehand on your ear and then step forward into a Front Stance and do a simultaneous left Knifehand Rising Block and right Knifehand Inward Strike to the temple.
3. Look right and move the front foot 180 degrees to the right into an L Shaped Stance and as you shift back, do a Knifehand Guarding Block.
4. Step forward to a Front Stance and do a high Spearhand Strike with their left hand.
5. Look left and move the left foot 90 degrees left into an L Shaped Stance and as you shift your weight back, do a Knifehand Guarding Block.
6. Look back over your right shoulder, chamber your right leg for a side kick, do a Guarding Block and then do a right Side Kick.
7. Lower your leg to an L Shaped Stance and as you lean back, do a Knifehand Guarding Block.
8. Take one step forward with your left leg and do a Standard Jumping Side Kick with the right leg, landing in an L Shaped Stance.
9. Lean back as you do a Knifehand Guarding Block.
10. Look left and lift the back leg and swing 270 degrees to the left into an L Shaped Stance and as you shift back and do a Low Block.
11. Move your front foot to the left into a Front Stance and raise both hands and grab the back of an opponent's head.
12. Drive your back knee upward as though striking an opponent's face.
13. Lower the right foot to the ground, landing next to the left foot. Look left and move the left foot 180 degrees left into a Front Stance and do a left Pressing Block, right Ridgehand Strike.
14. Right Roundhouse Kick, head high. Lower your right foot, placing it next to the left foot.
15. Look left and do a left Back Kick.
16. Land in an L Shaped Stance and look right and as you shift into a Back Stance, do a Guarding Block.
17. Left foot does a 45 degree Reverse Roundhouse.
18. Lower the left foot beside the right foot. Move the right foot forward to a Fixed Stance and do a U Shaped Block.
19. Place your right Knifehand on your left ear and your other Knifehand behind you. Look left and jump, spinning 360 degrees counter-clockwise landing on the same spot in an L Shaped Stance and as you lean back, do a Knifehand Guarding Block.
20. Step forward to a Front Stance and do a right Spearhand Strike to the groin while pulling the left fist to the shoulder.
21. Move the front foot to an L Shaped Stance and looking back, do a simultaneous Low Block – Back Fist Strike. As soon as you finish the move, look back.
22. Step forward into a Front Stance and do a Pressing Block, Spearhand Strike.
23. Look left and lift your left foot and spin 270 degrees to a Front Stance, and do a Double Forearm Block (Augmented Block).

24. Move your right foot to a Horse Stance, right Middle Block Inward followed by a right Backfist Strike with the same arm, chambering with both moves.
 25. Look left and using your right foot do a Reverse Side Kick.
 26. Left foot, Reverse Side Kick.
 27. Lower the front foot to an L Shaped Stance and as you shift back, do a X Knifehand Block (Crossing High Block with Knifehands).
 28. Step forward to a Front Stance and do a Twin Palm Heel Block, midlevel.
 29. Look right and move the left foot across while turning 180 degrees to the right and do a Rising Block.
 30. Left hand, Reverse Punch,
- Kiap on the last move and announce the name of the form, Choong Moo (Chew Moo).
- Baro: Bring the left foot back to a Ready Stance, then to attention.

Diagram ----- 30 Moves

