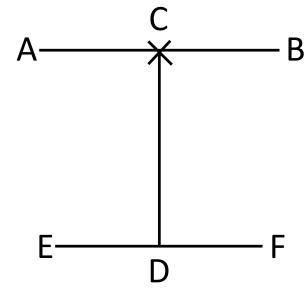


Choong-Moo Tul

30 Movements

Ready Posture: Parallel Ready Stance



1. Move the left foot to B performing a right L-stance twin knife hand block
2. Move the right foot to B forming a right walking stance towards B performing a high front strike to B with the right knife hand and bringing the left backhand in front of the forehead
3. Move the right foot towards A turning clockwise to form a left L stance towards A whilst performing a middle knife hand guarding block
4. Move the left foot towards A forming a left walking stance high section left flat fingertip thrust
5. Move the left foot towards D forming a right L stance performing a middle knife hand guarding block
6. Turn towards C forming a left bending ready stance
7. Perform a right middle side piercing kick towards C
8. Lower the right foot towards C forming a right L stance performing a middle knife hand guarding block
9. Perform a right flying side piercing kick after moving and then landing towards D, forming a left L stance middle knife hand guarding block after landing towards D
10. Move the left foot towards E turning counter-clockwise to form a right L-stance towards E performing a low block with the left forearm.
11. Extend both hands upwards as if to grab the opponents head whilst moving the front foot to form a left walking stance towards E
12. Perform an upwards kick with the right knee towards E pulling both hands downwards
13. Lower the right foot towards the left foot and then move the left foot to F forming a left walking stance high section front strike with the right reverse knife hand, bringing the left back hand under the right elbow joint
14. Perform a high turning kick towards DF with the right foot and then lower it to the left foot
15. Perform a middle section back piercing kick towards F with the left foot. Perform 14 and 15 in a fast motion.
16. Lower the left foot towards F forming a left L stance towards E performing a mid section forearm guarding block
17. Perform a middle turning kick to DE with the left foot
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance towards C performing a U-shape block towards C
19. Jump and spin counter-clockwise landing on the same spot to form a left L-stance towards C whilst performing a middle knife hand guarding block towards C
20. Move the left foot towards C forming a left walking stance towards C whilst performing a low right upset fingertip thrust towards C
21. Perform a side back strike to D with the right back fist and a low block to C with the left forearm whilst forming a right L stance towards C
22. Move the right foot to C forming a right walking stance towards C whilst performing a middle thrust to C with the right straight fingertip

23. Move the left foot towards B turning counter-clockwise to form a left walking stance towards B whilst performing a high block to B with the left double forearm

24. Move the right foot towards B forming a sitting stance towards C whilst performing a middle front block to C with the right forearm and then a high side strike to B with the right back fist

25. Perform a middle side piercing kick to A with the right foot turning counter-clockwise and then lower it to A

26. Perform a middle side piercing kick towards A with the left foot turning clockwise

27. Lower the left foot towards A and then perform a checking block towards B with an X-knife hand whilst forming a left L-stance towards B pivoting with the left foot

28. Move the left foot towards B forming a left walking stance performing a twin upwards palm block

29. Move the left foot on line AB and then perform a right forearm rising block in a right walking stance towards A

30. Perform a middle punch towards A with the left fist whilst maintaining a right walking stance towards A

To end, bring the left foot back to a ready posture

Bibliography

TaeKwon-Do, Gen. Choi Hong Hi.