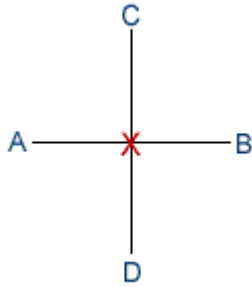


**CHOI-YONG** is named after **General Choi Yong**, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. **Choi Yong** was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general **Yi Sung Gae**, who later became the first King of the Lee Dynasty.



## **CHOI-YONG**

### **Movements - 46**

#### **Ready Posture - CLOSED READY STANCE C**

1. Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D
3. Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.
4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C
5. Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.
6. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D.
7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.
8. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C.
10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.
11. Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.
12. Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot.
13. Execute a high reverse hooking kick to D with the left foot.
14. Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
16. Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
17. Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot.
18. Execute a high reverse hooking kick to C with the right foot.
19. Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick.
20. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.
22. Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.
23. Move the right foot to D and then the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.
24. Execute a middle front snap kick to D with the right foot keeping the position

of the hands as they were in 23.

**25.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

**26.** Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.

**27.** Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26.

**28.** Lower the left foot to d forming a left L-stance toward C while executing a middle guarding block to C with the forearm.

**29.** Move the left foot to C and the right foot to C then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.

**30.** Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.

**31.** Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.

**32.** Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm.

**33.** Execute a middle punch to B with the left fist while maintaining a parallel stance toward B.

**34.** Turn the face toward A while forming a left bending ready stance A toward A.

**35.** Execute a middle side piercing kick to A with the right foot forming a forearm guarding block.

**36.** Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.

**37.** Execute a high reverse hooking kick to B with the right foot.

**38.** Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.

**39.** Move the left foot to D turning counter-clockwise to form a parallel stance toward A at the same time executing a middle hooking block to A with the left palm.

**40.** Execute a middle punch to A with the right fist while maintaining a parallel stance toward A.

**41.** Turn the face to B while forming a right bending ready stance A toward B.

**42.** Execute a middle side piercing kick to B with the left foot forming a forearm guarding block.

**43.** Lower the left foot to B in a jumping motion forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.

**44.** Execute a high reverse hooking kick to A with the left foot.

**45.** Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.

**46.** Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.

**END:** Bring the right foot back to a ready posture.