

## Choon – Jang

This pattern starts in Mao Junbi Sogi A, Closed Ready Stance A

<b>Stances</b>	<b>Techniques</b>
1. Sitting stance <b>Annun sogi</b>  (Annun so an palmok nopunde yopap makgi, najunde bakat palmok makgi)	Inner forearm high side front block <b>An palmok nopunde yopap makgi</b> Low outer forearm block <b>Najunde bakat palmok makgi</b>
2. Sitting stance <b>Annun sogi</b>  (Annun so an palmok nopunde yopap makgi, najunde bakat palmok makgi)	Inner forearm high side front block <b>An palmok nopunde yopap makgi</b> Low outer forearm block <b>Najunde bakat palmok makgi</b>
3. Close stance <b>Moa sogi</b> (Moa so giokja jirugi)	Angle punch <b>Giokja jirugi</b>
4. Walking stance <b>Gunnun sogi</b> (Gunnun so doo songarak bandae tulgi)	Double finger reverse thrust <b>Doo songarak bandae tulgi</b>
5. Walking stance <b>Gunnun sogi</b> (Gunnun so doo songarak bandae tulgi)	Double finger reverse thrust <b>Doo songarak bandae tulgi</b>
6. Walking stance <b>Gunnun sogi</b> (Gunnun so dung joomuk ap taerigi)	Back fist front strike <b>Dung joomuk ap taerigi</b>
7. Walking stance <b>Gunnun sogi</b> (Gunnun so chookyo makgi)	Rising block <b>Chookyo Makgi</b>
8. Walking stance <b>Gunnun sogi</b> (Gunnun so baro jirugi)	Obverse punch <b>Baro Jirugi</b>

- |  |   |
|--|---|
| 9. L Stance<br><b>Niunja sogi</b><br>(Niunja so palmok daebi makgi)                | Forearm guarding block<br><b>Palmok daebi makgi</b>             |
| 10. N/A<br><br>(Ap cha bisugi)   | Low front snap kick<br><b>Ap cha bisugi</b>                     |
| 11. Low stance<br><b>Nachuo sogi</b><br>(Nachuo so baro opun sonkut tulgi)         | Obverse flat finger tip thrust<br><b>Baro opun sonkut tulgi</b> |
| 12. N/A<br><br>(Nopunde dollyo chagi)  | High turning kick<br><b>Nopunde dollyo chagi</b>                |
| 13. N/A<br><br>(Baro Jirugi)   | Obverse punch<br>Baro jirugi                                    |
| 14. L-stance<br><b>Niunja sogi</b><br>(Niunja so yop palkup tulgi)                 | Side elbow thrust<br><b>Yop palkup tulgi</b>                    |
| 15. L-Stance<br><b>Niunja sogi</b><br>(Niunja so palmok daebi makgi)               | Forearm guarding block<br><b>Palmok daebi makgi</b>             |
| 16. L-stance<br><b>Niunja sogi</b><br>(Niunja so sonbadak duro makgi)              | Palm scooping block<br><b>Sonbadak duro makgi</b>               |
| 17. L-stance<br><b>Niunja sogi</b><br>(Niunja so sonkal taerigi)                   | Knife hand strike<br><b>Sonkal taerigi</b>                      |
| 18. Walking stance<br><b>Gunnun sogi</b><br>(Gunnun so kyocha joomuk noollo makgi) | X-fist pressing block<br><b>Kyocha joomuk noollo makgi</b>      |
| 19. N/A<br><br>(Moorup chagi)  | Knee kick<br><b>Moorup chagi</b>                                |
| 20. L-stance<br><b>Niunja sogi</b><br>(Niunja so sonkal daebi makgi)               | Knife hand guarding block<br><b>Sonkal daebi makgi</b>          |

- |   |  |
|---|--|
| 21. L-stance<br><b>Niunja sogi</b><br>(Niunja so yop palkup tulgi)  | Side elbow thrust<br><b>Yop palkup tulgi</b>   |
| 22. L-stance<br><b>Niunja sogi</b><br>(Niunja so sonkal daebi makgi)  | Knife hand guarding block<br><b>Sonkal daebi makgi</b>   |
| 23. N/A<br><br>(Yop cha jirugi)   | Side piercing kick<br><b>Yop cha jirugi</b>  |
| 24. Rear foot stance<br><b>Dwitbal sogi</b><br>(Dwitbal so sang sonbadak noollo makgi)  | Twin palm pressing block<br><b>Sang sonbadak noollo makgi</b>  |
| 25. Walking stance<br><b>Gunnun sogi</b><br><br>(Gunnun so nopunde bakat palmok anuro makgi)<br>(Gunnun so nopunde dung joomuk taerigi) | High outer forearm inward block<br><b>Nopunde bakat palmok anuro makgi</b><br>Back fist strike<br><b>Dung joomuk taerigi</b> |
| 26. L-stance<br><b>Niunja sogi</b><br>(Niunja so opun sonkut tulgi)   | Flat finger tip thrust<br><b>Opun sonkut tulgi</b>   |
| 27. N/A<br><br>(Ap cha bisugi)  | Front snap kick<br><b>Ap cha bisugi</b>  |
| 28. Walking stance<br><b>Gunnun sogi</b><br>(Gunnun sogi)   | N/A  |
| 29. L-stance<br><b>Niunja sogi</b><br>(Niunja so sondung naeryo taerigi)  | Backhand downward strike<br><b>Sondung naeryo taerigi</b>  |
| 30. L-stance<br><b>Niunja sogi</b><br>(Niunja so baro jirugi)   | Obverse punch<br><b>Baro Jirugi</b>  |
| 31. L-stance<br><b>Niunja sogi</b><br>(Niunja so sondung naeryo taerigi)  | Backhand downward strike<br><b>Sondung naeryo taerigi</b>  |

32. L-stance  
**Niunja sogi**  
(Niunja so baro jirugi) Obverse punch  
**Baro jirugi**
33. L-stance  
**Niunja sogi**  
(Niunja so sonkal taerigi) Knife hand strike  
**Sonkal taerigi**
34. Walking stance  
**Gunnun sogi**  
(Gunnun so ap dung joomuk taerigi) Front back fist strike  
**Ap dung joomuk taerigi**
35. L-stance  
**Niunja sogi**  
(Niunja so sonkal taerigi) Knife hand strike  
**Sonkal taerigi**
36. Walking stance  
**Niunja sogi**  
(Niunja so ap dung joomuk taerigi) Front back fist strike  
**Ap dung joomuk taerigi**
37. L-stance  
**Niunja sogi**  
(Niunja so sonkal dung najunde daebi makgi) Reverse knife hand low guarding block  
**Sonkal dung najunde daebi makgi**
38. Walking stance  
**Gunnun sogi**  
(Gunnun so gutja makgi) 9 shape block  
**Gutja makgi**
39. L-stance  
**Niunja sogi**  
(Niunja so sonkal dung najunde daebi makgi) Reverse knife hand low guarding block  
**Sonkal dung najunde daebi makgi**
40. Walking stance  
**Gunnun sogi**  
(Gunnun so gutja makgi) 9 shape block  
**Gutja makgi**
41. Walking stance  
**Gunnun sogi**  
(Gunnun so sang sonkal soopyong taerigi) Twin knife hand horizontal strike  
**Sang sonkal soopyong taerigi**
42. Walking stance  
**Gunnun sogi**  
(Gunnun so bandal son taerigi) Arc hand strike  
**Bandal son taerigi**
43. N/A  
(Apcha bisugi) Front snap kick  
**Ap cha bisugi**

- |  |   |
|--|---|
| 44. Walking stance<br><b>Gunnun sogi</b><br>(Gunnun so bandal son taerigi)                   | Arc hand strike<br><b>Bandal son taerigi</b>                                    |
| 45. N/A<br><br>(Ap cha bisugi)   | Front snap kick<br><b>Ap cha bisugi</b>   |
| 46. Walking stance<br><b>Gunnun sogi</b><br>(Gunnun so baro jirugi)                          | Obverse punch<br><b>Baro jirugi</b>   |
| 47. Walking stance<br><b>Gunnun sogi</b><br>(Gunnun so baro jirugi)                          | Obverse punch<br><b>Baro jirugi</b>   |
| 48. Close stance<br><b>Moa sogi</b><br>(Moa so sang inji joomuk bandal jirugi)               | Twin fore-knuckle fist crescent strike<br><b>Sang inji joomuk bandal jirugi</b> |
| 49. Walking stance<br><b>Gunnun sogi</b><br>(Gunnun so najunde sonkal makgi)                 | Low knife hand block<br><b>Najunde sonkal makgi</b>                             |
| 50. Walking stance<br><b>Gunnun sogi</b><br><br>(Gunnun so pyonjoomuk nopunde bandae jirugi) | Open fist high reverse punch<br><b>Pyonjoomuk nopunde bandae jirugi</b>         |
| 51. Walking stance<br><b>Gunnun sogi</b><br>(Gunnun so najunde sonkal makgi)                 | Low knife hand block<br><b>Najunde sonkal makgi</b>                             |
| 52. Walking stance<br><b>Gunnun sogi</b><br><br>(Gunnun pyonjoomuk nopunde bandae jirugi)    | Open fist high reverse punch<br><b>Pyonjoomuk nopunde bandae jirugi</b>         |