

TECHNICAL INFORMATION

1st Degree Recommended Testing Requirements

A. Forms (all lower rank forms) = 1st award

1. Choong Jung #2 = 46 moves
2. Any other low rank form

C. Free Sparring = 3rd award

1. Free sparring (Must use own kicking techniques in sparring)

B. Kicks = 2nd award

- Axe kick 1-4 - Jump reverse heel kick
 Step forward jump reverse heel kick - Jump spin heel kick - Step forward jump spin heel kick

D. Board Break = 4th award

1. Board break once at both stations

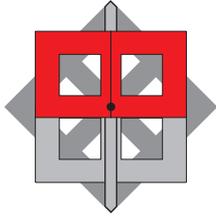
Form: CHOONG JUNG EE-JAHNG (#2)

		STANCE	SECTION			STANCE	SECTION		
1.	R	Knifehand Square Block	B	H	24.	R	#2 Round Kick	--	M/H
2.	L	Knifehand Square Block	B	H	25.	R	Side Kick		M/H
3.	L	Low Block	B	L	26.	R	Double Inner Forearm Block	F	H
4.	R	Reverse Punch	B	M	27.	L	Reverse Upset Punch	F	M
5.	R	Low Block	B	L	28.	L	Palm Heel Strike	B	H
6.	L	Reverse Punch	B	M	29.	R	Reverse Palm Heel Strike	B	H
7.	L	#2 Round Kick	--	M/H	30.	R	#2 Front Kick	--	M/H
8.	L	Side Kick	--	M/H	31.	L	Horizontal Back Elbow - Ki-hap	M	H
9.	L	Double Inner Forearm Block	F	H	32.	L	Knifehand Square Block	B	H
10.	R	Reverse Upset Punch	F	M	33.	R	Double Outer Forearm Block	B	H
11.	R	Palm Heel Strike - Ki-hap	B	H	34.	R	#3 Jump Round Kick	--	M/H
12.	L	Reverse Palm Heel Strike	B	H	35.	R	Double Outer Forearm Block	S	H
13.	L	#2 Front Kick	--	M/H	36.	L	Double Knifehand Low Block	R	L
14.	R	Horizontal Back Elbow	M	H	37.	L	Upset Ridgehand Strike	M	M
15.	R	Knifehand Square Block	B	H	38.	R	Reverse Hook Kick	--	M/H
16.	L	Double Outer Forearm Block	B	H	39.	L	Reverse Punch	B	M
17.	L	#3 Jump Round Kick	--	M/H	40.	R	Ridgehand Strike	B	H
18.	L	Double Outer Forearm Block	S	H	41.	B	X-Block	F	L
19.	R	Double Knifehand Low Block	R	L	42.	R	#2 Front Kick	--	M/H
20.	R	Upset Ridgehand Strike	M	M	43.	B	Knifehand X-Block	F	H
21.	L	Reverse Hook Kick - Ki-hap	--	M/H	44.	B	X-Block	F	L
22.	R	Reverse Punch	B	M	45.	L	#2 Front Kick	F	M/H
23.	L	Ridgehand Strike	B	H	46.	B	Knifehand X-Block	F	H

Self-defense Techniques

(A) Attacker (D) Defender

1. (A) *One arm grab* from behind.
 (D) *Punch and roll out, Knee strike to Common Peroneal, #1 jump round kick, Reverse punch, Ridgehand, Takedown.*
2. (A) *Upset twin lapel grab.*
 (D) *Radial strike, Head cork, Lateral vascular neck restraint, Control to seated position.*



Red Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. ▢ Double inner forearm block, Knifehand high X-block, Horizontal Back Elbow
2. ▢ Long upset ridgehand strike, Reverse upset punch, Palm heel strike
3. ▢ #3 jump round kick, Reverse hook kick, #1-, #2-, #3-, #4-jump hook kick, Jump Reverse hook kick, Step forward jump reverse hook kick, Jump spin hook kick, Step forward jump spin hook kick

B. Form - Second Stripe

1. Choong Jung 2, 46 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. One-Step Sparring - Third Stripe

1. Break 2 stations 1 board
2. Self Defense Techniques - Optional

Form: Choong Jung Ee Jahng (2)

1. ▢ Right foot steps south to left back stance, knifehand square block (tension movement).
2. ▢ Shift into right back stance (facing north), knifehand square block (tension movement).
3. ▢ Double step right foot to left, left foot steps 90 degrees to east to right back stance, left low block. And.
4. ▢ In continuous motion, right reverse punch to middle section
5. ▢ Step forward to left back stance, right low block. And...
6. ▢ In continuous motion, left reverse punch to middle section.
7. ▢ #2 Left round kick to north. And...
8. ▢ In continuous motion, left side kick to north.
9. ▢ Land in left front stance, double inner forearm block to north.
10. ▢ No step, right reverse upset punch.
11. ▢ Left foot steps over to line (M-S), then right foot steps forward to left back stance, right palm heel strike to north high section. **Kihap.**
12. ▢ No step, left reverse palm heel strike to west high section.
13. ▢ #2 Left front kick to north. Step down to right foot.
14. ▢ Right foot steps clockwise 270 degrees to west to middle stance, right horizontal elbow to right side high section.
15. ▢ Shift right foot to form left back stance to west, knifehand square block.
16. ▢ Jump 180 degrees clockwise to right back stance, double outer forearm block.
17. ▢ #3 Left jump round kick to west. (Advance one front stance length.)
18. ▢ Land in left sparring stance to west, double outer forearm block.
19. ▢ Right foot steps clockwise 90 degrees to left rear stance to south, double knifehand low block.
20. ▢ Right foot shifts south to middle stance, right long upset ridgehand to middle section.
21. ▢ Left reverse hook kick to south. **Kihap.** And...
22. ▢ Land in right back stance to south, right reverse punch to middle section.
23. ▢ Left ridgehand to high section.
24. ▢ #2 Right round kick to south. And...
25. ▢ In continuous motion, right side kick to south
26. ▢ Land in right front stance, double inner forearm block to south.
27. ▢ Left reverse upset punch
28. ▢ Right foot step to line (N-S), then left foot steps forward to right back stance, left palm heel to south high section, And...
29. ▢ In continuous motion, right palm heel strike to west.
30. ▢ #2 Right front kick to south. Step down to left foot.
31. ▢ Left foot steps east to middle stance, left horizontal elbow to left side high section. **Kihap.**
32. ▢ Left foot shifts to right back stance, knifehand square block.
33. ▢ Jump counterclockwise 180 degrees to land in left back stance to east, double outer forearm block.
34. ▢ #3 Right jump round kick to east (advance 1 front stance length).
35. ▢ Land in right sparring stance, double outer forearm block.
36. ▢ Left foot steps to form right rear stance to north, double knifehand low block.
37. ▢ Left foot shifts north to middle stance, left long punch upset ridgehand strike to middle section.
38. ▢ Right reverse hook kick to north
39. ▢ Land in left back stance to north, left reverse punch to middle section.
40. ▢ Right ridgehand to high section
41. ▢ Left foot steps to right foot, turn clockwise to east; in double-step motion, right foot steps west to left front stance to east; low X block with fists.
42. ▢ #2 Right front kick to east.
43. ▢ Land in left front stance, high X block with knifehands.
44. ▢ Left foot steps back to form right front stance (facing east), low X block with fists.
45. #2 Left front kick to east.
46. Land in right front stance, high X block with knifehands. Bahroh -- Right foot steps back to ready position.

Self-Defense Techniques

1. (A) Two hand choke.
(D) Palm heel strike to Median, Brachial stun with backhand, Upset knifehand strike, Grab with interlocking grip to neck, Deflate with two knee strikes, Clear with a pressure point.
2. (A) Shoulder grab and punch.
(D) Block, Radial strike, Brachial stun, Hook neck, Knee strike.