



CHOONG JUNG #1 – BLOCK 1

Testing Requirements

Form.....Red Stripe
Self-Defense..... Yellow Stripe
Sparring Drills.....Green Stripe
Board Break.....White Stripe

Form (1st Half)

1. L Palm Upset Block
2. R Punch
3. L Punch
4. R Palm Upset Block
5. L Punch
6. R Punch
7. L Double Knifehand Block
8. B Knifehand High/Low Block
9. R #1 Side Kick
10. B Knifehand High/Low Block
11. R Reverse Punch
12. R #2 Front Kick (Ki-hap)
13. R Round Kick
14. R Double Knifehand Low Block
15. L Reverse Upset Knifehand Strike
16. L Upset Ridgehand Strike
17. L Horizontal Spearhand
18. L #3 Jump Outer Crescent Kick
19. R Reverse Palm Heel Strike
20. B High X-Block
21. R Knifehand Strike
22. L Punch (Ki-hap)
23. R Low Double Outer Forearm Block
24. R #1 Jump Side Kick
25. R Double Outer Forearm Block

Self-Defense

1. Attack – Two Arm Shoulder Grab
Defense – Spin with Arm Lock Up, Repeat Vertical Punch to Ribs, Elbow Strike, Clear With Pressure Point
2. Attack – One Arm Choke From Behind
Defense – Radial Strike, Shift Weight Down, Step Away, Stun to Brachial Plexus Origin, Backfist to Head, Head Grab Takedown

Board Break

Palm Heel Strike

Sparring Drills

1. Attack – Reverse Side Kick (*open position with draw step*)
Counter – Block, #3 Jump Outer Crescent Kick, Punch, Punch, #4 Jump Round Kick
2. Attack – #3 Round Kick (*open position with switching draw step*)
Counter – Block, #1 Front/Round Kick, Front Punch, Back Punch