



CHOONG JUNG #1 – BLOCK 2

Testing Requirements

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

Form (2nd Half)

- 26. L Low Double Outer Forearm Block
- 27. L #1 Jump Side Kick
- 28. L Double Outer Forearm Block
- 29. R Upset Ridgehand Strike
- 30. R Horizontal Spearhand
- 31. R #3 Jump Outer Crescent Kick
- 32. L Reverse Palm Heel Strike (Ki-hap)
- 33. B High X-Block
- 34. L Knifehand Strike
- 35. R Punch
- 36. L Reverse Punch
- 37. L #2 Front Kick
- 38. L Round Kick
- 39. L Low Double Knifehand Block
- 40. R Reverse Upset Knifehand Strike
- 41. R Double Knifehand Block
- 42. B Knifehand High/Low Block
- 43. L #1 Side Kick
- 44. B Knifehand High/Low 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

Jump Side Kick

Ssahng Jeol Bong Drills

- 1. Reverse Figure 8
- 2. X-Strike
- 3. Reverse Figure 8 With X-Strikes