



CHOONG JUNG #2 – BLOCK 1

Testing Requirements

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

Form (1st Half)

1. R Knifehand Square Block
2. L Knifehand Square Block
3. L Low Block
4. R Reverse Punch
5. R Low Block
6. L Reverse Punch
7. L #2 Round Kick
8. L Side Kick
9. L Double Inner Forearm Block
10. R Reverse Upset Punch
11. R Palm Heel Strike (Ki-hap)
12. L Reverse Palm Heel Strike
13. L #2 Front Kick
14. R Horizontal Back Elbow
15. R Knifehand Square Block
16. L Double Outer Forearm Block
17. L #3 Jump Round Kick
18. L Double Outer Forearm Block
19. R Low Double Knifehand Block
20. R Upset Ridgehand Strike
21. L Reverse Hook Kick (Ki-hap)
22. R Reverse Punch
23. L Ridgehand Strike

Self-Defense

1. Attack – Two Hand Choke
Defense – Palm Heel Strike to Median,
Palm Heel Strike to Median,
Brachial Stun, Upset
Knifehand Strike, Grab with
Interlocking Grip to Neck,
Deflate with Two Knee Strikes,
Clear with Pressure Point

Board Break

#2 Round Kick

Ssahng Jeol Bong Drills

1. Hand Roll
2. 360 Waist Spin
3. 360 Triangle with
Upward Spin