



## CHOONG JUNG #2 – BLOCK 2

### Testing Requirements

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

### Form (2<sup>nd</sup> Half)

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

### 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 Front Kick

### Sparring Drills

1. Attack – Reverse Hook Kick (*closed position with draw step*)  
Counter – #4 Jump Round Kick, Spin Hook Kick
2. Attack – #2 Round/Side Kick (*closed position with switching draw step*)  
Counter – Block, Scissor Step Outer Axe Kick, #1 Round Kick, Punch, Punch