



Choong Jung 1 Basics



(Brown Belt)

1. Rear Stance – *left foot steps forward*
2. Low Double Outer Forearm Block
3. Low Double Knifehand Block
4. High X Block – *left leg adjusts into left front stance*
5. Side High/Low Knifehand Block – *right leg adjusts into back stance*
6. Palm Upset Block – *right leg steps up into middle stance, right hand blocks*
7. Upset Ridgehand Strike – *right hand blocks to right*
8. Spin Heel Kick – *right leg kicks and lands in back*
9. #2 Front Kick/Round Kick – *right leg kicks and lands in front*
10. #3 Jump Outer Crescent Kick – *right leg kicks and lands in front*