



Choong Jung 2 Basics



(Red Belt)

1. Rear Stance – *right foot steps in front*
2. Double Inner Forearm Block – *right foot steps forward into front stance*
3. Knifehand High X Block
4. Reverse Upset Punch – *left hand strikes*
5. Horizontal Back Elbow Strike – *right foot adjusts into middle stance, right elbow strikes*
6. Long Upset Ridgehand Strike – *right hand strikes*
7. #3 Jump Hook Kick – *right leg kicks*
8. #3 Jump Round Kick – *right leg kicks*
9. Step Jump Spin Hook Kick – *right leg kicks and lands in back*
10. Reverse Hook Kick - *right leg kicks and lands in front*