

TECHNICAL INFORMATION

1st Degree Recommended Testing Requirements

A. Forms (all lower rank forms) = 1st award

1. Choong Jung #2 = 46 moves
2. Any other low rank form

C. Free Sparring = 3rd award

1. Free sparring (Must use own kicking techniques in sparring)

B. Kicks = 2nd award

- Axe kick 1-4 - Jump reverse heel kick  
 Step forward jump reverse heel kick - Jump spin heel kick - Step forward jump spin heel kick

D. Board Break = 4th award

1. Board break once at both stations

Form: CHOONG JUNG EE-JAHNG (#2)

		STANCE	SECTION						
1.	R	Knifehand Square Block	B	H	24.	R	#2 Round Kick	--	M/H
2.	L	Knifehand Square Block	B	H	25.	R	Side Kick		M/H
3.	L	Low Block	B	L	26.	R	Double Inner Forearm Block	F	H
4.	R	Reverse Punch	B	M	27.	L	Reverse Upset Punch	F	M
5.	R	Low Block	B	L	28.	L	Palm Heel Strike	B	H
6.	L	Reverse Punch	B	M	29.	R	Reverse Palm Heel Strike	B	H
7.	L	#2 Round Kick	--	M/H	30.	R	#2 Front Kick	--	M/H
8.	L	Side Kick	--	M/H	31.	L	Horizontal Back Elbow - Ki-hap	M	H
9.	L	Double Inner Forearm Block	F	H	32.	L	Knifehand Square Block	B	H
10.	R	Reverse Upset Punch	F	M	33.	R	Double Outer Forearm Block	B	H
11.	R	Palm Heel Strike - Ki-hap	B	H	34.	R	#3 Jump Round Kick	--	M/H
12.	L	Reverse Palm Heel Strike	B	H	35.	R	Double Outer Forearm Block	S	H
13.	L	#2 Front Kick	--	M/H	36.	L	Double Knifehand Low Block	R	L
14.	R	Horizontal Back Elbow	M	H	37.	L	Upset Ridgehand Strike	M	M
15.	R	Knifehand Square Block	B	H	38.	R	Reverse Hook Kick	--	M/H
16.	L	Double Outer Forearm Block	B	H	39.	L	Reverse Punch	B	M
17.	L	#3 Jump Round Kick	--	M/H	40.	R	Ridgehand Strike	B	H
18.	L	Double Outer Forearm Block	S	H	41.	B	X-Block	F	L
19.	R	Double Knifehand Low Block	R	L	42.	R	#2 Front Kick	--	M/H
20.	R	Upset Ridgehand Strike	M	M	43.	B	Knifehand X-Block	F	H
21.	L	Reverse Hook Kick - Ki-hap	--	M/H	44.	B	X-Block	F	L
22.	R	Reverse Punch	B	M	45.	L	#2 Front Kick	F	M/H
23.	L	Ridgehand Strike	B	H	46.	B	Knifehand X-Block	F	H

Self-defense Techniques

(A) Attacker (D) Defender

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| <ol style="list-style-type: none"> <li>1. (A) <i>One arm grab</i> from behind.</li> <li>(D) <i>Punch and roll out, Knee strike</i> to Common Peroneal. #1 <i>jump round kick</i>, Reverse <i>punch</i>, <i>Ridgehand</i>, <i>Takedown</i>.</li> </ol> | <ol style="list-style-type: none"> <li>2. (A) <i>Upset twin lapel grab</i>.</li> <li>(D) <i>Radial strike</i>, <i>Head cork</i>, <i>Lateral vascular neck restraint</i>, <i>Control</i> to seated position.</li> </ol> |
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