



Choong Jung Two

Basics & Kicks

1. Double inner forearm block, Knifehand high X-block, Horizontal Back Elbow
2. Long upset ridgehand strike, Reverse upset punch, Palm heel strike
3. #3 Jump round kick, Reverse hook kick, #1, #2, #3, #4 jump hook kick, Jump reverse hook kick, Step forward jump reverse hook kick, Jump spin hook kick, Step forward jump spin hook kick

Form: CHOONG JUNG II-JAHNG (#2)

		Stance		Section					
1.	R	Knifehand Square Block	B	H	24.	R	#2 Round Kick (in continuous motion)	--	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 (in continuous motion)	--	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	--	M/H
23.	L	Ridgehand Strike	B	H	46.	B	Knifehand X-Block	F	H

Sparring Segments (Step back with Left Foot)

Segment 1

- R Sparring Stance
- R Back Fist
- L Reverse Punch
- R Step Reverse Punch
- R #2 Jump Side Kick
- L Spin Heel Kick
- R #3 Jump Hook Kick
- L Reverse Punch

Segment 2

- R Sparring Stance
- R Back Fist
- L Double Step & Reverse Punch
- R Step Jump Reverse Side Kick
- L Reverse Punch

Segment 3

- R Sparring Stance
- R Back Fist
- R #3 Jump Hook Kick
- L Step Front Punch
- L Butterfly Crescent Kick
- R Reverse Hook Kick
- R Continuous Round Kick
- L Reverse Punch

Self-Defense Techniques

(A) Attacker (D) Defender

1. (A) Two hand choke.
(D) Palm heel strike to Median, Brachial stun with backhand, Upset knifehand strike, Grab with interlocking grab to neck, Deflate with two knee strikes, Clear with a pressure point.
2. (A) Shoulder grab and punch.
(D) Block, Radial strike, Brachial stun, Hook neck, Knee strike.



Color Belt Philosophy

The philosophical interpretation of the Red Belt is:

“The sun is setting. The first phase of growth has been accomplished.”

The first day (the period of time from White Belt to Red Belt) of growth is coming to an end. The physical skill has been developed, but lacks control; therefore, physical and mental discipline must now be achieved.

Form – Individual action

Segments break down: 2-4-4-4-4-5-4-4-5-3-3

Choong Jung EE Jahng (2) has 46 movements and its Ki-haps are on the 11th movement (right palm heel strike), the 21st movement (left reverse hook kick), and the 31st movement (left horizontal elbow).

Board Breaking Technique Requirements

1. Reverse Palm Heel, Round Kick (High section #1, #2, or #3)
2. Reverse Elbow, Jump Side Kick (High section)

Promotion Requirements

1. Know and perform your form
2. Do required Sparring Segments
3. Do required Board Breaks
4. Do required Self Defense Techniques & Weapons (Black Belt & Master Club Only)
5. Attend Three (3) Sparring and Sparring Segment Classes in testing cycle—Held Every Friday, check the schedule for your class time. (Black Belt and Master Club Only)
6. Must have Instructor's Permission