

choong jung ee-jahng #2 - red belt at-a-glance



	SEGMENT	TECHNIQUE	STANCE	SECTION
PHASE A/A Opp.	SEGMENT ONE			
	1. R 2. L	Knifehand Square Block Knifehand Square Block	Back Back	High High
PHASE B/B Opp.	SEGMENT TWO			
	3. L 4. R 5. R 6. L	Low Block Reverse Punch Low Block Reverse Punch	Back Back Back Back	Low Middle Low Middle
	SEGMENT THREE			
	7. L 8. L 9. L 10. R	#2 Round Kick Side Kick Double Inner Forearm Block Reverse Upset Punch	Front Front	Mid or High Mid or High High Middle
PHASE C	SEGMENT FOUR			
	11. R 12. L 13. L 14. R	Palm Heel Strike - KIHAP Reverse Palm Heel Strike #2 Front Kick Horizontal Back Elbow	Back Back Middle	High High Mid or High High
	SEGMENT FIVE			
	15. R 16. L 17. L 18. L	Knifehand Square Block Double Outer Forearm Block #3 Jump Round Kick Double Outer Forearm Block	Back Back Sparring	High High Mid or High High
PHASE D	SEGMENT SIX			
	19. R 20. R 21. L 22. R 23. L	Double Knifehand Low Block Upset Ridgehand Strike Reverse Hook Kick - KIHAP Reverse Punch Ridgehand Strike	Rear Middle Back Back	Low Middle Mid or High Middle High
	SEGMENT SEVEN			
	24. R 25. R 26. R 27. L	#2 Round Kick Side Kick Double Inner Forearm Block Reverse Upset Punch	Front Front	Mid or High Mid or High High Middle
	SEGMENT EIGHT			
28. L 29. R 30. R 31. L	Palm Heel Strike Reverse Palm Heel Strike #2 Front Kick Horizontal Back Elbow - KIHAP	Back Back Middle	High High Mid or High High	
PHASE E	SEGMENT NINE			
	32. L 33. R 34. R 35. R	Knifehand Square Block Double Outer Forearm Block #3 Jump Round Kick Double Outer Forearm Block	Back Back Sparring	High High Mid or High High
	SEGMENT TEN			
	36. L 37. L 38. R 39. L 40. R	Double Knifehand Low Block Upset Ridgehand Strike Reverse Hook Kick Reverse Punch Ridgehand Strike	Rear Middle Back Back	Low Middle Mid or High Middle High
PHASE F	SEGMENT ELEVEN			
	41. L & R 42. R 43. L & R	X-Block #2 Front Kick Knifehand X-Block	Front Front	Low Mid or High High
	SEGMENT TWELVE			
44. L & R 45. L 46. L & R	X-Block #2 Front Kick Knifehand X-Block	Front Front	High Mid or High High	



choong jung ee-jahng #2 - red belt form

NEW BLOCKS: Double Inner Forearm Block, Double Knifehand Low Block, Knifehand High X-Block

NEW STRIKES: Long Upset Ridgehand Strike, Reverse Upset Punch, Palm Heel Strike

NEW KICKS: #3 Jump Round Kick, Reverse Hook Kick

TYPE OF MOVEMENT: Strong, Fast, Individual Techniques; Fast Combination Techniques; Tension Movement

READY POSITION: Right Regular Ready Position

SEGMENT ONE

1. Right Foot steps South to Left Back Stance, Knifehand Square Block (Tension Movement).
2. Shift into Right Back Stance, Knifehand Square Block (Tension Movement).

SEGMENT TWO

3. Double Step Right Foot to left, Left Foot steps 90 degrees to East to Right Back Stance, Left Low Block. And...
4. In a continuous motion, Right Reverse Punch to middle section.
5. Step forward to Left Back Stance, Right Low Block. And...
6. In a continuous motion, Left Reverse Punch to middle section.

SEGMENT THREE

7. #2 Left Round Kick to North. And...
8. In a continuous motion, Left Side Kick to North.
9. Land in Left Front Stance, Double Inner Forearm Block to North.
10. No step, Right Reverse Upset Punch.

SEGMENT FOUR

11. Left Foot steps over to North-South line, then Right Foot steps forward to Left Back Stance, Right Palm Heel Strike to North high section. KIHAP.
12. No step, Left Reverse Palm Heel Strike to West high section.
13. #2 Left Front Kick to North. Step down to Right Foot.
14. Right Foot steps clockwise 270 degrees to West to Middle Stance, Right Horizontal Elbow to right side high section.

SEGMENT FIVE

15. Shift Right Foot to form Left Back Stance to West, Knifehand Square Block.
16. Jump 180 degrees clockwise to Right Back Stance, Double Outer Forearm Block.
17. #3 Left Jump Round Kick to West. (advance one front stance length).
18. Land in Left Sparring Stance to West, Double Outer Forearm Block.

SEGMENT SIX

19. Right Foot steps clockwise 90 degrees to Left Rear Stance to South, Double Knifehand Low Block.
20. Right Foot shifts South to Middle Stance, Right Long Upset Ridgehand to middle section.
21. Left Reverse Hook Kick to South. KIHAP. And...
22. Land in Right Back Stance to South, Right Reverse to middle section.
23. Left Ridgehand to high section.

SEGMENT SEVEN

24. #2 Right Round Kick to South. And...
25. In a continuous motion, Right Side Kick to South.
26. Land in Right Front Stance, Double Inner Forearm Block to South.
27. Left Reverse Upset Punch.

SEGMENT EIGHT

28. Right Foot steps to North-South line, then Left Foot steps forward to Right Back Stance, Left Palm Heel to South high section. And...
29. In a continuous motion, Right Palm Heel Strike to West.
30. #2 Right Front Kick to South. Step down to Left Foot.
31. Left Foot steps East to Middle Stance, Left Horizontal Elbow to left side high section. KIHAP.

SEGMENT NINE

32. Left Foot shifts to Right Back Stance, Knifehand Square Block.
33. Left Foot shifts North to Middle Stance, Left Long Punch Upset Ridgehand Strike to middle section.
34. #3 Right Jump Round Kick to East. (advance one front stance length.)
35. Land in Right Sparring Stance, Double Outer Forearm Block.

SEGMENT TEN

36. Left Foot steps to form Right Rear Stance to North, Double Knifehand Low Block.
37. Left Foot shifts North to Middle Stance, Left Long Punch Upset Ridgehand Strike to middle section.
38. Right Reverse Hook Kick to North.
39. Land in Left Back Stance to North, Left Reverse Punch to middle section.
40. Right Ridgehand to high section.

SEGMENT ELEVEN

41. Left Foot steps to Right Foot, turn clockwise to East; in double-step motion, Right Foot steps West to Left Front Stance to East; Low X-Block with fists.
42. #2 Left Front Kick to East.
43. Land in Left Front Stance, High X-Block with Knife hands.

SEGMENT TWELVE

44. Left Foot steps back to form Front Stance facing East, Low X-Block with fists.
45. #2 Left Front Kick to East.
46. Land in Right Front Stance, High X-Block with Knife hands.

Bahroh - Right Foot steps forward to Parallel Stance, Regular Ready Position.