

TECHNICAL INFORMATION

Brown Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Rear stance - Palm upset block  
Double knifehand low block  
Side high/low knifehand block - High X-block  
Low double outer forearm block  
Upset ridgehand strike - Palm heel strike
2. Heel kick 1-4 - Reverse heel kick  
Step forward reverse heel kick - Spin heel kick  
Step forward spin heel kick

B. Form & Free sparring = 2nd stripe

1. Choong Jung 1 = 44 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. Board break = 3rd stripe

1. Board break once at both stations
2. Self-defense techniques

Form: CHOONG JUNG 1- JA-HNG (#1)

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

Self-defense Techniques

(A) Attacker (D) Defender

1. (A) Two arm shoulder grab.  
(D) Spin with arm lock up.  
Repeat vertical punch to ribs.  
Elbow strike.  
Clear with pressure point.
2. (A) One arm headlock from behind.  
(D) Radial strike. Shift weight down.  
Step away. Stun to Brachial Plexus Origin.  
Backfist to head.  
Hair grab to takedown.