

TECHNICAL INFORMATION

Red Belt Testing Requirements

A. Bagies & Kicks = 1st stripe

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  
Jump hook kick 1-4 - Jump reverse hook kick  
Step forward jump reverse hook kick - Jump spin  
hook kick - Step forward jump spin hook kick

B. Form & Free sparring = 2nd stripe

1. Choong Jung 2 = 46 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 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 hup	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	S	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

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 grip 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 kick, Knee strike

"A Martial Art that Trains People Physically and Mentally"

1st Grade Red Belt  
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