



Choong Jung Il-Jahng (1)



Brown Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Rear stance, Palm upset block, Double knife hand low block, Side high/low knife hand block, High X-block, Low double ridge hand strike, palm heel strike
2. #1-, #2-, #3-Jump outer crescent kicks, Jump spin outer crescent kicks, Step jump spin outer crescent kicks, Jump spin reverse side kick, Step jump reverse side kick

B. Form - Second Stripe

1. Choong Jung 1, 44 moves

C. Board Breaking - Third Stripe

1. Board Breaking: Break 2 stations

Form: Choong Jung Il-Jahng (1)

1. Left foot steps north to middle stance, left palm upset block. And...
 2. In continuous motion, right punch. And...
 3. In continuous motion, left punch.
 4. Left foot steps to right foot. Right foot steps to middle stance, right palm upset block. And...
 5. In continuous motion, left punch. And...
 6. In continuous motion, right punch.
 7. Step right foot to west 90 degrees to right back stance, double knife hand block facing east.
 8. No step. Face west, right high/left low knife hand block to sides (tension movement).
 9. #1 Right side kick.
 10. Right foot steps down; move left foot counterclockwise to right back stance (facing west), right high/left low knife hand block to both sides.
 11. Double step to south 90 degrees to left front stance, right reverse tension punch while breathing out.
 12. #2 Right front kick. **Kihap**. And...
 13. In continuous motion, right round kick.
 14. Land in left back stance, double knife hand low block.
 15. No step, right foot shifts into right front stance, left reverse upset knife hand strike to high section.
 16. Step with left foot 90 degrees to east into right rear stance, left (bent arm) upset ridge hand strike to middle section.
 17. To east, shift into right back stance, left horizontal Spear hand strike to high section.
 18. #3 Left jump outer crescent kick (advance one front stance length). And...
 19. In continuous motion, land in right back stance, right reverse palm heel strike to high section.
 20. Move right foot into closed stance, high X block with fists.
 21. No step, right high knife hand strike to front. And...
 22. In continuous motion, left punch to middle section. **Kihap**.
 23. Right foot steps 180 degrees clockwise into middle stance, low double outer forearm block, facing north.
 24. #1 Right jump side kick(advance 1 front stance length).
 25. Land in right sparring stance, double outer forearm block.
 26. Step with left foot counterclockwise 180 degrees into middle stance, low double outer forearm block, facing north.
 27. #1 left jump side kick(advance 1 front stance length).
 28. Land in left sparring stance, double outer forearm block.
 29. Right foot steps clockwise 90 degrees west to left rear stance, right (bent arm) upset ridge hand strike to middle section.
 30. Shift to left back stance, right horizontal spear hand strike to high section
 31. #3 Right jump outer crescent kick (advance 1 front stance length). And...
 32. In continuous motion, land in left back stance, left reverse palm heel strike to high section. **Kihap**.
 33. Step with left foot to closed stance, high X block with fists
 34. Left knife hand strike to front high section. And...
 35. In continuous motion, right punch to middle section.
 36. Right foot steps clockwise 270 degrees to right front stance, left reverse tension punch while breathing out.
 37. #2 Left front kick. And...
 38. In continuous motion, left round kick.
 39. Land in right back stance, double knife hand low block
 40. Left foot shifts into left front stance, right reverse upset knife hand strike to high section.
 41. Double step 90 degrees east to left back stance, double knife hand block to west.
 42. No step, left high/right low knife hand block to both sides in tension movement facing east.
 43. #1 Left side kick.
 44. Left foot steps down. Move right foot clockwise 180 degrees into left back stance facing east, left high/right low knife hand block to both sides.
- Bahroh - Left foot steps forward to ready stance..

Board Breaking

1. Reverse Elbow, Side Kick.
 2. Reverse Elbow, Front Kick.
- (Kicks are midsection and may be #1, #2, #3, or #4).