



Choong Jung Ee-Jahng (2)

일급

Red Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Double inner forearm block, Knife hand high X-block, Horizontal Back Elbow, Long upset ridge hand strike, Reverse upset punch, Palm heel strike
2. #1-, #2-, #3-Jump hook kicks, #1-, #2-, #3-Jump round kicks, Jump spin hook kick, Step jump spin hook kick

B. Form - Second Stripe

1. Choong Jung 2, 46 moves
 2. Songahm 1, 2 & 3*
 3. One Steps 1,2 & 3 (White, Orange or Yellow)*
- * Not required for Second Stripe

C. Board Breaking - Third Stripe

1. Board Breaking: Break 2 stations

Form: Choong Jung Ee-Jahng (2)

1. Right foot steps south to left back stance, knife hand square block (tension movement).
2. Shift into right back stance (facing north), knife hand square block (tension movement).
3. Double step right foot to left, left foot steps 90 degrees to east to right back stance, left low block. And.
4. In continuous motion, right reverse punch to middle section
5. Step forward to left back stance, right low block. And...
6. In continuous motion, left reverse punch to middle section.
7. #2 Left round kick to north. And...
8. In 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.
11. Left foot steps over to line (M-S), then right foot steps forward to left back stance, right palm heel strike to north high section. **Kihap**.
12. 1No 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.
15. Shift right foot to form left back stance to west, knife hand 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.
19. Right foot steps clockwise 90 degrees to left rear stance to south, double knife hand low block.
20. Right foot shifts south to middle stance, right long upset ridge hand to middle section.
21. Left reverse hook kick to south. **Kihap**. And...
22. Land in right back stance to south, right reverse punch to middle section.
23. Left ridge hand to high section.
24. #2 Right round kick to south. And....
25. In continuous motion, right side kick to south
26. Land in right front stance, double inner forearm block to south.
27. Left reverse upset punch
28. Right foot step to line (N-S), then left foot steps forward to right back stance, left palm heel to south high section, And...
29. In 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**.
32. Left foot shifts to right back stance, knife hand square block.
33. Jump counterclockwise 180 degrees to land in left back stance to east, double outer forearm block.
34. #3 Right jump round kick to east (advance 1 front stance length).
35. Land in right sparring stance, double outer forearm block.
36. Left foot steps to form right rear stance to north, double knife hand low block.
37. Left foot shifts north to middle stance, left long punch upset ridge hand 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 ridge hand to high section
41. Left foot steps to right foot, rum clockwise to east; in double step motion, right foot steps west to left front stance to east; low X block with fists.
42. #2 Right front kick to east.
43. Land in left front stance, high X block with knife hands.
44. Left foot steps back to form right 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 - Left foot steps forward to ready stance..

Board Breaking

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