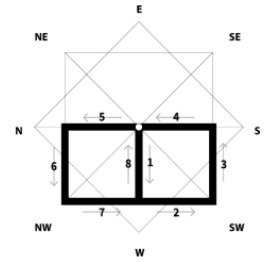


Choong Jung #1 - Brown Belt

Choong Jung - "All things turn out perfect and beautiful"
"The tree is firmly rooted in the earth"



READY POSITION: Left foot steps to parallel stance, Traditional Ready Position

1. Left foot steps north to middle stance, Left Upset Palm Block to east
2. No step, Right Punch mid-section
3. No step, Left Punch mid-section
4. Left foot steps to right foot, right foot steps south to middle stance, Right Upset Palm Block to east
5. No step, Left Punch mid-section
6. No step, Right Punch mid-section
7. Right foot steps west to right back stance, Left Double Knifehand Block to east
8. No step, Right High/Low Knifehand Block with tension (5 sec.) looking west at end
9. Right #1 Side Kick mid or high section to west
10. Return right foot, left foot steps counterclockwise to right back stance (facing west). Right High/Low Knifehand Block to west
11. Right foot steps to left, left foot steps south to left front stance, Right Reverse Punch with tension (5 sec.)
12. Right #2 Front Kick mid or high section. **KI-HAP**
13. In continuous motion without lowering right leg, Right Round Kick mid or high section
14. Land in left back stance, Right Low Double Knifehand Block
15. Right foot steps to right front stance, Left Reverse Upset Knifehand Strike to high section
16. Left foot steps east to right rear stance, Left Upset Ridgehand Strike to mid-section
17. Left foot steps to right back stance, Left Horizontal Spearhand Strike to high section
18. Left #3 Jump Outer Crescent Kick mid or high section (advance one stance length)
19. Land in right back stance, Right Reverse Palm Heel Strike to high section.
20. Right foot steps to closed stance, High X-Block with right hand inside closest to head
21. No step, Right Knifehand Strike high section to east
22. No step, Left Punch to mid-section. **KI-HAP**
23. Right foot steps clockwise to middle stance on north/south line, body facing west, Right Low Double Outer Forearm Block to north
24. Left foot steps to right, Right #1 Jump Side Kick mid or high section (left foot lands where right foot took off from)
25. Land in right sparring stance, Right Double Outer Forearm Block
26. Left foot steps counterclockwise 180 degrees to middle stance on north/south line, body facing east, Left Low Double Outer Forearm Block to north

27. Right foot steps to left, Left #1 Jump Side Kick mid or high section (right foot lands where left foot took off from)

28. Land in left sparring stance, Left Double Outer Forearm Block

29. Right foot steps clockwise west to left rear stance, Right Upset Ridgehand Strike to midsection

30. Right foot steps to left back stance, Right Horizontal Spearhand Strike high section

31. Right #3 Jump Outer Crescent Kick mid or high section (advance one stance length)

32. Land in left back stance, Left Reverse Palm Heel Strike to high section. **KI-HAP**

33. Left foot steps to closed stance, High X-Block with left hand inside closest to head

34. No step, Left Knifehand Strike high section to west

35. No Step, Right Punch to mid-section

36. Right foot steps clockwise south to right front stance, Left Reverse Punch with tension (5 sec.)

37. Left #2 Front Kick mid or high section

38. In continuous motion without lowering left leg, Left Round Kick mid or high section

39. Land in right back stance, Left Double Knifehand Low Block

40. Left foot steps to left front stance, Right Reverse Upset Knifehand Strike high section

41. Right foot steps to left, left foot steps east to left back stance, Right Double Knifehand Block to west

42. No step, Left High/Low Knifehand Block with tension (5 sec.) looking east at end

43. Left #1 Side Kick mid or high section to east

44. Return left foot, right foot steps clockwise to left back stance facing east. Left High/Low Knifehand Block to east

Bah Ro – Left foot steps forward to parallel stance, Traditional Ready Position