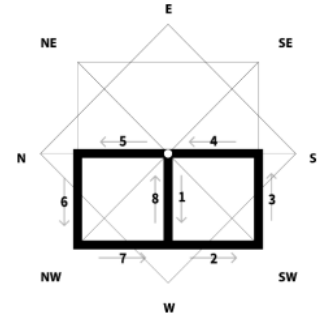


## Choong Jung #2 - Red Belt

Choong Jung - "All things turn out perfect and beautiful"  
"The sun is setting. The first phase of growth has been accomplished"

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



1. Right foot steps south to left back stance, Right Knifehand Square Block with tension (5 sec.) to south
2. Pivot right foot, step left foot to right back stance, Left Knifehand Square Block with tension (5 sec.) to north
3. Right foot steps to left, left foot steps east to right back stance, Left Low Block to east
4. No step, Right Reverse Punch mid-section
5. Right foot steps east to left back stance, Right Low Block
6. No step, Left Reverse Punch to mid-section
7. Left #2 Round Kick mid or high section to north
8. In continuous motion without lowering left leg, Left Side Kick mid or high section to north
9. Land in left front stance, Left Double Inner Forearm Block to north
10. No step, Right Reverse Upset Punch
11. Left foot steps east one shoulder width, then right foot steps forward to left back stance, Right Palm Heel Strike high section to north. **KI-HAP**
12. No step, Left Reverse Palm Heel Strike high section to west
13. Left #2 Front Kick mid or high section to north, return left foot to closed stance
14. Right foot steps clockwise to west to middle stance, body facing south, Right Horizontal Back Elbow Strike high section to west
15. Right foot steps to left back stance, Right Knifehand Square Block
16. Jump switch stance clockwise landing in right back stance, Left Double Outer Forearm Block
17. Left #3 Jump Round Kick mid or high section to west (advance one stance length)
18. Land in left sparring stance, Left Double Outer Forearm Block
19. Right foot steps clockwise south to left rear stance, Right Low Double Knifehand Block
20. Right foot steps south to middle stance, Right Upset Ridgehand Strike to mid-section
21. Left Reverse Hook Kick mid or high section to south. **KI-HAP**
22. Land in right back stance, Right Reverse Punch mid-section to south
23. No step, Left Ridgehand Strike high section
24. Right #2 Round Kick mid or high section to south
25. In continuous motion without lowering right leg, Right Side Kick mid or high section to south

26. Land in right front stance, Right Double Inner Forearm Block to south  
27. No step, Left Reverse Upset Punch

28. Right foot steps east one shoulder width, then left foot steps forward to right back stance, Left Palm Heel high section to south

29. No step, Right Palm Heel Strike to west

30. Right #2 Front Kick mid or high section to south, return right foot to closed stance

31. Left foot steps east to middle stance, Left Horizontal Back Elbow high section to east.

### **KI-HAP**

32. Left foot steps to right back stance, Left Knifehand Square Block

33. Jump switch stance counterclockwise landing in left back stance, Right Double Outer Forearm Block to east

34. Right #3 Jump Round Kick mid or high section to east (advance one stance length)

35. Land in right sparring stance, Right Double Outer Forearm Block

36. Left foot steps north to right rear stance, Left Low Double Knifehand Block

37. Left foot steps north to middle stance, Left Upset Ridgehand Strike mid-section

38. Right Reverse Hook Kick to north

39. Land in left back stance, Left Reverse Punch mid-section to north

40. No step, Right Ridgehand Strike to high section

41. Left foot steps to right foot, closed stance facing east, right foot steps west to left front stance, Low X-Block to east

42. Right #2 Front Kick mid or high section

43. Right foot returns to left front stance, High Knifehand X-Block

44. Left foot steps back to right front stance, Low X-Block to east

45. Left #2 Front Kick mid or high section

46. Left foot returns to right front stance, High Knifehand X-Block

**Bah Ro** – Right foot steps back to parallel stance, Traditional Ready Position