

TECHNICAL INFORMATION

Brown Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Rear stance - Palm upset block
Double knifehand low block
Side high/low knifehand block - High X-block
Low double outer forearm block
Upset ridgehand strike - Palm heel strike
2. Heel kick 1-4 - Reverse heel kick
Step forward reverse heel kick - Spin heel kick
Step forward spin heel kick

B. Form & Free sparring = 2nd stripe

1. Choong Jung I = 44 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 IL-JAHNG (#1)

		STANCE		SECTION					
1.	L	Palm Upset Block	M	M	23.	R	Double Outer Forearm Low Block	M	L
2.	R	Punch	M	M	24.	R	#1 Jump Side Kick	--	M/H
3.	L	Punch	M	M	25.	R	Double Outer Forearm Block	S	H
4.	R	Palm Upset Block	M	M	26.	L	Double Outer Forearm Low Block	M	L
5.	L	Punch	M	M	27.	L	#1 Jump Side Kick	--	M/H
6.	R	Punch	M	M	28.	L	Double Outer Forearm Block	S	H
7.	L	Double Knifehand Block	B	H	29.	R	Upset Ridgehand Strike	R	M
8.	B	Knifehand High/Low Block	B	H&L	30.	R	Horizontal Spearhand	B	H
9.	R	#1 Side Kick	--	M/H	31.	R	#3 Jump Outer Crescent Kick	--	M/H
10.	B	Knifehand High/Low Block	B	H&L	32.	L	Reverse Palm Heel Strike - Ki-hap	B	H
11.	R	Reverse Punch	F	M	33.	B	X-Block	C	H
12.	R	#2 Front Kick - Ki-hap	--	M/H	34.	L	Knifehand Strike	C	H
13.	R	Round Kick	--	M/H	35.	R	Punch	C	M
14.	R	Double Knifehand Low Block	B	L	36.	L	Reverse Punch	F	M
15.	L	Reverse Upset Knifehand Strike	F	H	37.	L	#2 Front Kick	--	M/H
16.	L	Upset Ridgehand Strike	R	M	38.	L	Round Kick	--	M/H
17.	L	Horizontal Spearhand	B	H	39.	L	Double Knifehand Low Block	B	L
18.	L	#3 Jump Outer Crescent Kick	--	H	40.	R	Reverse Upset Knifehand Strike	F	H
19.	R	Reverse Palm Heel Strike	B	H	41.	R	Double Knifehand Block	B	H
20.	B	X-Block	C	H	42.	B	Knifehand High/Low Block	B	H&L
21.	R	Knifehand strike	C	H	43.	L	#1 Side Kick	--	M/H
22.	L	Punch - Ki-hap	C	M	44.	B	Knifehand High/Low Block	B	H&L

Self-defense Techniques

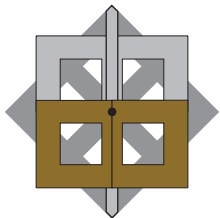
(A) Attacker (D) Defender

1. (A) Two arm shoulder *grab*.
(D) Spin with *arm lock* up.
Repeat *vertical punch* to ribs.
Elbow strike.
Clear with *pressure point*.
2. (A) One arm *headlock* from behind.
(D) *Radial* strike. Shift weight down.
Step away, *Stun* to Brachial Plexus Origin,
Backfist to head,
Hair grab to takedown.

"A Martial Art that Trains People Physically and Mentally"

Songahm Taekwondo

2nd Grade Brown Belt



Choong Jung Il-Jahng (1)

Technical Information



Brown Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. □ Rear stance, Palm upset block, Double knifehand low block, Side high/low knifehand block, High X-block, Low double ridgehand strike, palm heel strike
2. □ #1-, #2-, #3-, #4-Heel kicks, Reverse heel kick, Step forward reverse heel kick, Spin heel kick, Step forward spin heel kick

B. Form - Second Stripe

1. Choong Jung 1, 44 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. One-Step Sparring - Third Stripe

1. Break 2 stations 1 board
2. Self Defense Techniques - Optional

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 knifehand block facing east.
 8. □ No step. Face west, right high/left low knifehand 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 knifehand 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 knifehand low block.
 15. □ No step, right foot shifts into right front stance, left reverse upset knifehand strike to high section.
 16. □ Step with left foot 90 degrees to east into right rear stance, left (bent arm) upset ridgehand strike to middle section.
 17. □ To east, shift into right back stance, left horizontal spearhand 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 knifehand 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 ridgehand strike to middle section.
 30. □ Shift to left back stance, right horizontal spearhand 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 knifehand 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 knifehand low block
 40. □ Left foot shifts into left front stance, right reverse upset knifehand strike to high section.
 41. □ Double step 90 degrees east to left back stance, double knifehand block to west.
 42. □ No step, left high/right low knifehand 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 knifehand block to both sides.
- Bahroh - Left foot steps forward to ready stance.

Self-Defense Techniques

1. □ (A) Two arm shoulder grab.
 - (D) Spin with arm lock up, Repeat vertical punch to ribs, Elbow strike, Clear with pressure point.
2. □ (A) One arm headlock from behind.
 - (D) Radial strike, Shift weight down, Step away, Stun to Brachial Plexus Origin, Backfist to head. Hair grab to takedown.