

# Choong Jung #2

## “All Things Turn Out Perfect & Beautiful”

### NEW BLOCKS:

Double Inner Forearm Block  
 Knifehand High X-Block

### NEW STRIKES:

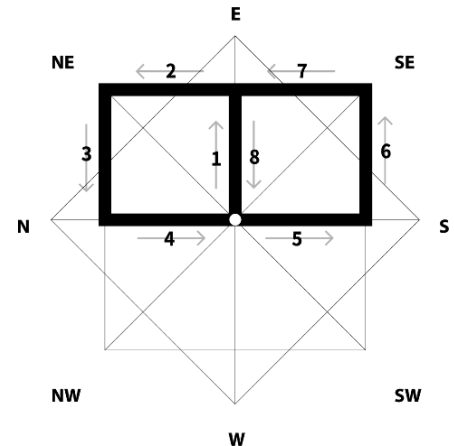
Reverse Upset Punch  
 Horizontal Back Elbow Strike

### NEW KICKS:

#3 Jump Round Kick  
 Reverse Hook Kick

### NEW TYPE OF MOVEMENT:

Jump Switch – Jump and lift both knees up as if to avoid having legs swept



**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 Ridgeland Strike** to mid-section
21. **Left Reverse Hook Kick** mid or high section to south. *KI-HAP*

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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**

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SEGMENT	TECHNIQUE	STANCE	SECTION
<i>Segment One</i>			
1. R	Knifehand Square Block	Back	High
2. L	Knifehand Square Block	Back	High
<i>Segment Two</i>			
3. L	Low Block	Back	Low
4. R	Reverse Punch	Back	Mid
5. R	Low Block	Back	Low
6. L	Reverse Punch	Back	Mid
<i>Segment Three</i>			
7. L	#2 Round Kick	----	Mid or High
8. L	Sidekick	----	Mid or High
9. L	Double Inner Forearm Block	Front	High
10. R	Reverse Upset Punch	Front	Mid
<i>Segment Four</i>			
11. R	Palm Heel Strike- <b>KI-HAP</b>	Back	High
12. L	Reverse Palm Heel Strike	Back	High
13. L	#2 Front Kick	----	Mid or High
14. R	Horizontal Back Elbow	Middle	High
<i>Segment Five</i>			
15. R	Knifehand Square Block	Back	High
16. L	Double Outer Forearm Block	Back	High
17. L	#3 Jump Round Kick	----	Mid or High
18. L	Double Outer Forearm Block	Sparring	High
<i>Segment Six</i>			
19. R	Low Double Knifehand Block	Rear	Low
20. R	Upset Ridgehand Strike	Middle	Mid
21. L	Reverse Hook Kick- <b>KI-HAP</b>	----	Mid or High
22. R	Reverse Punch	Back	Mid
23. L	Ridgehand Strike	Back	High
<i>Segment Seven</i>			
24. R	#2 Round Kick	----	Mid or High
25. R	Side Kick	----	Mid or High
26. R	Double Inner Forearm Block	Front	High
27. L	Reverse Upset Punch	Front	Mid
<i>Segment Eight</i>			
28. L	Palm Heel Strike	Back	High
29. R	Reverse Palm Heel Strike	Back	High
30. R	#2 Front Kick	----	Mid or High
31. L	Horizontal Back Elbow- <b>KI-HAP</b>	Middle	High

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SEGMENT	TECHNIQUE	STANCE	SECTION
<i>Segment Nine</i>			
32. L	Knifehand Square Block	Back	High
33. R	Double Outer Forearm Block	Back	High
34. R	#3 Jump Round Kick	-----	Mid or High
35. R	Double Outer Forearm Block	Sparring	High
<i>Segment Ten</i>			
36. L	Low Double Knifehand Block	Rear	Low
37. L	Upset Ridgehand Strike	Middle	Mid
38. R	Reverse Hook Kick	-----	Mid or High
39. L	Reverse Punch	Back	Mid
40. R	Ridgehand Strike	Back	High
<i>Segment Eleven</i>			
41. B	Low X- Block	Front	Low
42. R	#2 Front Kick	-----	Mid or High
43. B	High Knifehand X-Block	Front	High
<i>Segment Twelve</i>			
44. B	Low X- Block	Front	Low
45. L	#2 Front Kick	-----	Mid or High
46. B	High Knifehand X-Block	Front	High