

# Choong Jung #1

## “All Things Turn Out Perfect & Beautiful”

### NEW BLOCKS:

- Upset Palm Block
- Low Double Knifehand Block
- High/Low Knifehand Block
- High X-Block
- Low Double Outer Forearm Block

### NEW STRIKES:

- Upset Ridgehand Strike
- Palm Heel Strike

### NEW KICKS:

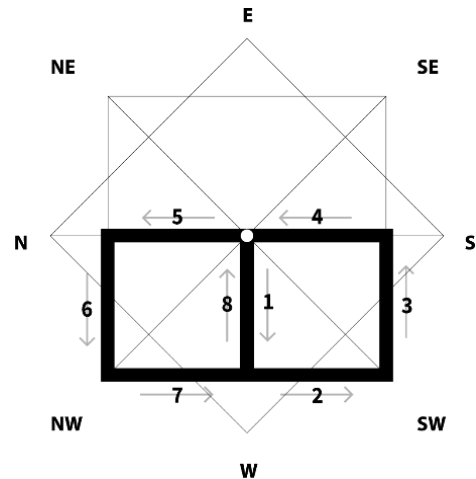
- #3 Jump Outer Crescent Kick
- #1 Jump Side Kick

### NEW STANCE:

- Rear Stance

### NEW TYPE OF MOVEMENT:

- Tension Movement – 5 seconds to complete technique with NO snap of the hands at end



### 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.

...Continue to page 2

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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 mid-section
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**

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

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SEGMENT	TECHNIQUE	STANCE	SECTION
<i>Segment Nine</i>			
33. B	X- Block	Closed	High
34. L	Knifehand Strike	Closed	High
35. R	Punch	Closed	Mid
<i>Segment Ten</i>			
36. L	Reverse Punch	Front	Mid
37. L	#2 Front Kick	----	Mid or High
38. L	Round Kick	----	Mid or High
39. L	Low Double Knifehand Block	Back	Low
40. R	Reverse Upset Knifehand Strike	Front	High
<i>Segment Eleven</i>			
41. R	Double Knifehand Block	Back	High
42. B	High/Low Knifehand Block	Back	High/Low
43. L	#2 Sidekick	----	Mid or High
44. B	High/Low Knifehand Block	Back	High/Low