



1ST GRADE RED BELT

CHOONG JUNG EE-JAHNG (#2)

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