



# Choong Jung #2

Choong Jung Ee-Jahng (2)

## Form

The name of your form is CHOONG JUNG which means: "All things turn out perfect and beautiful."

Choong Jung Ee Jahng (2) has 46 movements and its Ki-haps are on the 11<sup>th</sup> movement (right palm heel strike), 21<sup>st</sup> movement (left reverse hook kick), and 31<sup>st</sup> movement (left horizontal elbow).

## Additional Detail

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

## Self Defense Techniques

- (A) Two hand choke.  
(D) Palm heel strike to Median, Brachial stun with backhand, Upset knifehand strike, Grab with interlocking grip to neck, Deflate with two knee strikes, Clear with a pressure point.
- (A) Shoulder grab and punch.  
(D) Block, Radial strike, Brachial stun, Hook neck, Knee strike.