



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 11th movement (right palm heel strike), 21st movement (left reverse hook kick), and 31st 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

1. (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.
2. (A) Shoulder grab and punch.
(D) Block, Radial strike, Brachial stun, Hook neck, Knee strike.