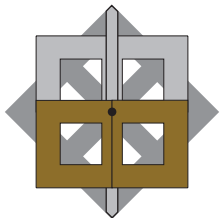


Songahm Taekwondo

2nd Grade Brown Belt



Choong Jung Il-Jahng (1)

Technical Information



Brown Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Rear stance, Palm upset block, Double knifehand low block, Side high/low knifehand block, High X-block, Low double ridgehand strike, palm heel strike
2. #1-, #2-, #3-, #4-Heel kicks, Reverse heel kick, Step forward reverse heel kick, Spin heel kick, Step forward spin heel kick

B. Form - Second Stripe

1. Choong Jung 1, 44 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. One-Step Sparring - Third Stripe

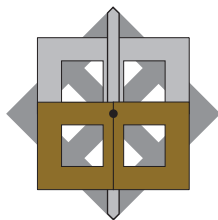
1. Break 2 stations 1 board
2. Self Defense Techniques - Optional

Form: Choong Jung Il Jahng (1)

1. Left foot steps north to middle stance, left palm upset block. And...
2. In continuous motion, right punch. And...
3. In continuous motion, left punch.
4. Left foot steps to right foot. Right foot steps to middle stance, right palm upset block. And...
5. In continuous motion, left punch. And...
6. In continuous motion, right punch.
7. Step right foot to west 90 degrees to right back stance, double knifehand block facing east.
8. No step. Face west, right high/left low knifehand block to sides (tension movement).
9. #1 Right side kick.
10. Right foot steps down; move left foot counterclockwise to right back stance (facing west), right high/left low knifehand block to both sides.
11. Double step to south 90 degrees to left front stance, right reverse tension punch while breathing out.
12. #2 Right front kick. **Kihap**. And...
13. In continuous motion, right round kick.
14. Land in left back stance, double knifehand low block.
15. No step, right foot shifts into right front stance, left reverse upset knifehand strike to high section.
16. Step with left foot 90 degrees to east into right rear stance, left (bent arm) upset ridgehand strike to middle section.
17. To east, shift into right back stance, left horizontal spearhand strike to high section.
18. #3 Left jump outer crescent kick (advance one front stance length). And...
19. In continuous motion, land in right back stance, right reverse palm heel strike to high section.
20. Move right foot into closed stance, high X block with fists.
21. No step, right high knifehand strike to front. And...
22. In continuous motion, left punch to middle section. **Kihap**.
23. Right foot steps 180 degrees clockwise into middle stance, low double outer forearm block, facing north.
24. #1 Right jump side kick (advance 1 front stance length).
25. Land in right sparring stance, double outer forearm block.
26. Step with left foot counterclockwise 180 degrees into middle stance, low double outer forearm block, facing north.
27. #1 left jump side kick (advance 1 front stance length).
28. Land in left sparring stance, double outer forearm block.
29. Right foot steps clockwise 90 degrees west to left rear stance, right (bent arm) upset ridgehand strike to middle section.
30. Shift to left back stance, right horizontal spearhand strike to high section
31. #3 Right jump outer crescent kick (advance 1 front stance length). And...
32. In continuous motion, land in left back stance, left reverse palm heel strike to high section. **Kihap**.
33. Step with left foot to closed stance, high X block with fists
34. Left knifehand strike to front high section. And...
35. In continuous motion, right punch to middle section.
36. Right foot steps clockwise 270 degrees to right front stance, left reverse tension punch while breathing out.
37. #2 Left front kick. And...
38. In continuous motion, left round kick.
39. Land in right back stance, double knifehand low block
40. Left foot shifts into left front stance, right reverse upset knifehand strike to high section.
41. Double step 90 degrees east to left back stance, double knifehand block to west.
42. No step, left high/right low knifehand block to both sides in tension movement facing east.
43. #1 Left side kick.
44. Left foot steps down. Move right foot clockwise 180 degrees into left back stance facing east, left high/right low knifehand block to both sides.
Bahroh - Left foot steps forward to ready stance.

Self-Defense Techniques

1. (A) Two arm shoulder grab.
□ (D) Spin with arm lock up, Repeat vertical punch to ribs, Elbow strike, Clear with pressure point.
2. (A) One arm headlock from behind.
□ (D) Radial strike, Shift weight down, Step away, Stun to Brachial Plexus Origin, Backfist to head. Hair grab to takedown.



Form Meaning

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

Color Belt Philosophy

The philosophical interpretation of the Brown Belt is:

"The tree is firmly rooted in the earth."

At this point the student has mastered the basics and developed deep roots in Taekwondo.

Form

Segments break down: 3 - 3 - 4 - 5 - 4 - 3 - 6 - 4 - 3 - 5 - 4

Choong Jung Il Jahng (1) has 44 movements and its Ki-haps are on the 12th movement (right front kick), the 22nd movement (left punch), and the 32nd movement (left reverse palm heel strike).

Board Breaking - Evidence of Power

General: All breaks should be done as "combinations" as though in a combat situation. After bowing, the student should break immediately. Stopping to "measure" the boards or any other pause longer than taking a breath shall be considered a "try" and will count against his/her score.

New Techniques

Students may not do the same break at successive testings.

Juniors: Up to 6 yrs. will break boards 5" by 12"; 7yrs. to 8 yrs. will break boards 7" by 12"; 9 yrs. to 10 yrs. will break boards 9" by 12".

Adults: 11 yrs. and up will break boards 12" by 11".

At 13 yrs. and under, the student is required to break one board at each station. Students ages 14 and up must break two boards at each station. All junior ladies and adult ladies are required to break one board at each station, unless otherwise directed by their Instructor.

Technique Requirements

1. Reverse Elbow, Side Kick.

2. Reverse Elbow, Front Kick.

(Kicks are midsection and may be #1, #2, #3, or #4).

Mid-Term Requirements

Students should refer to their Instructor for possible Mid-Term testing requirements.

NOTE: Brown belts must have knowledge of all material up to their rank. All material must be performed correctly. 2R brown belts must have at least 21 classes to test. 2D brown belts must have at least 21 classes to test. All brown belts must have a proper uniform for testing. A proper uniform consists of a clean and pressed uniform with lettering on the back and patches on the front. All upper ranks must exhibit a martial art attitude with high spirit and motivation.