



Choong Jung Il-Jahng (1)

**Form**

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

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

**Additional Detail**

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

**Self Defense Techniques**

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