

TECHNICAL INFORMATION

Brown Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Rear stance - Palm upset block
Double knifehand low block
Side high/low knifehand block - High X-block
Low double outer forearm block
Upset ridgehand strike - Palm heel strike
2. Heel kick 1-4 - Reverse heel kick
Step forward reverse heel kick - Spin heel kick
Step forward spin heel kick

B. Form & Free sparring = 2nd stripe

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

C. Board break = 3rd stripe

1. Board break once at both stations
2. Self-defense techniques

Form: CHOONG JUNG IL-JAHNG (#1)

		STANCE		SECTION					
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

(A) Attacker (D) Defender

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.

"A Martial Art that Trains People Physically and Mentally"

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"; 7 yrs. 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.