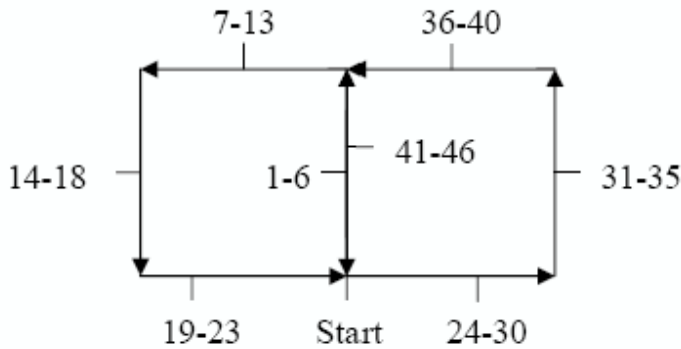


American Taekwondo Association™
 Choong Jung Two - BBC & Leadership Color Belts



Basics

- Rear Stance, Low X Block, Knifehand Square Block
- Double Inner Forearm Block, Double Knifehand Low Block
- Knifehand High X Block, Horizontal Back Elbow Strike
- Long Upset Ridge Hand Strike, Reverse Upset Punch
- Palm Heel Strike, #1-4 Jump Hook Kick, Reverse Hook Kick
- #3 Jump Round Kick, Jump Reverse Hook Kick
- Jump Spin Hook Kick, Step Jump Spin Hook
- Step Jump Reverse Hook Kick

Once you earn Three Stripes on your belt, you earn permission to test for you next belt rank.

Choong Jung Two

Move	Side	Technique	Stance	Height
1.	R	Knifehand Square Block	B	H
2.	L	Knifehand Square Block	B	H
3.	L	Low Block	B	L
4.	R	Reverse Punch	B	M
5.	R	Low Block	B	L
6.	L	Reverse Punch	B	M
7.	L	#2 Round Kick		M/H
8.	L	Side Kick		M/H
9.	L	Double Inner Forearm Block	F	H
10.	R	Reverse Upset Punch	F	M
11.	R	Palm Heel Strike (KIHAP)	B	H
12.	L	Reverse Palm Heel Strike	B	H
13.	L	#2 Front Kick		M/H
14.	R	Horizontal Back Elbow	M	H
15.	R	Knifehand Square Block	B	H
16.	L	Double Outer Forearm Block	B	H
17.	L	#3 Jump Round Kick		M/H
18.	L	Double Outer Forearm Block	S	H
19.	R	Double Knifehand Low Block	R	L
20.	R	Upset Ridge Hand Strike	M	M
21.	L	Reverse Hook Kick (KIHAP)		M/H
22.	R	Reverse Punch	B	M
23.	L	Ridge Hand Strike	B	H
24.	R	#2 Round Kick		M/H
25.	R	Side Kick		M/H
26.	R	Double Inner Forearm Block	F	H
27.	L	Reverse Upset Punch	F	M
28.	L	Palm Heel Strike	B	H
29.	R	Reverse Palm Heel Strike	B	H
30.	R	#2 Front Kick		M/H
31.	L	Horizontal Back Elbow (KIHAP)	M	H

32.	L	Knifehand Square Block	B	H
33.	R	Double Outer Forearm Block	B	H
34.	R	#3 Jump Round Kick		M/H
35.	R	Double Outer Forearm Block	S	H
36.	L	Double Knifehand Low Block	R	L
37.	L	Upset Ridge Hand Strike	M	M
38.	R	Reverse Hook Kick		M/H
39.	L	Reverse Punch	B	M
40.	R	Ridge Hand	B	H
41.	B	Low X-Block	F	L
42.	R	#2 Front Kick		M/H
43.	B	Knifehand High X-Block	F	H
44.	B	Low X-Block	F	L
45.	L	#2 Front Kick		M/H
46.	B	Knifehand High X-Block	F	H

Self Defense

1.) Attacker - Two Hand Choke.

Defender - Pam 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.

2.) Attacker - Shoulder Grab and Punch.

Defender - Block, Radial Strike, Brachial Stun, Hook Neck, Knee Strike.



“A Martial Art That Trains People Physically And Mentally!”