



CHOONG JUNG TWO

46 MOVES Ki-HAP # 11, 21 & 31

			SECTION			
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 - M/H
23.	L	Ridgehand Strike	B H	46.	B	Knifehand X-Block F H

Blue Belt: The tree is reaching for the sky toward new heights.

Board break: 1 hand technique

Brown Belt: The tree is firmly rooted in the earth.

Board break: 1 kicking technique

Red Belt: The sun is setting

Board break: 1 kicking technique

Red/Black Belt: Dawn of a new day

Board break: 1 hand technique/ 1 kicking technique