

TESTING CRITERIA

2D BLACK BELT

FORM

CHOONG – JANG

NEW TECHNIQUES

Double Spearfinger

Twin Inward High Punch

Upset Forearm Strike

Kneeling Round Kick

SPARRING

2 – 3 TIMES

BOARD BREAKING

(All board breaking must be approved by the student's instructor)

The black belt may do either a three station break or a two station break. A three station break would be a hand technique, a right foot kick and a left foot kick. A two station break would be a hand technique and a jump kick. Jump kicks would include, but not limited to, jump spin side kick, jump ax kick (face level), jump round kick (face level), jump front kick (one hand high above head) or jump side kick over two obstacles.



2nd DEGREE BLACK BELT-DECIDED

CHOONG JANG HYUNG

TECHNIQUE

STANCE

Closed ready position B

- | | |
|---|------------------|
| 1. Right inner forearm - left low block | Middle |
| 2. Left inner forearm - right low block | |
| 3. Tension left reverse 90° horizontal punch across chest | Closed (to left) |
| 4. Right reverse high double spearfinger | Left front |
| 5. Left reverse high double spearfinger | Right front |
| 6. Right high upset backfist | |
| 7. Left high block | Left front |
| 8. Right middle punch | Right front |
| 9. Left double outer forearm block | right back |
| 10. Right front kick | |
| 11. Right horizontal spearhand strike | Right front |
| 12. Drop to left hip and right round kick | On ground |
| 13. Right middle punch (kihap) | On left knee |
| 14. Left back vertical elbow strike (turning 180° clockwise) | Left back |
| 15. Right double outer forearm block (turning 180° clockwise) | Left back |
| 16. Left upset palm heel block | Right back |
| 17. Right knifehand strike | Left back |
| 18. Low X-block | Left front |
| 19. Right knee strike (kihap) | One leg (left) |
| 20. Left double knifehand block | Right back |
| 21. Right back vertical elbow strike | right back |
| 22. Right double knifehand block | Left back |
| 23. Right side kick | |
| 24. Twin downward palm heel block | Right rear |
| 25. Right upset forearm block then right backfist | Right front |
| 26. Left horizontal spearhand strike | Right back |
| 27. Circle right hand onto left wrist, right front kick and rotate counter clockwise 180° on left leg | |
| 28. Tension left reverse 90° horizontal punch across chest | Left front |
| 29. Left upset ridgehand block - left foot stomp | right back |
| 30. Right reverse punch into left palm | |
| 31. Right upset ridgehand block - right foot stomp | Left back |
| 32. Left reverse punch into right palm | |
| 33. Left knifehand strike | right back |
| 34. Right reverse upset forearm strike to left palm | Left front |
| 35. Right knifehand strike | Left back |
| 36. Left reverse upset forearm strike to right palm | Right front |
| 37. Left circular low double ridgehand block | right back |



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<u>TECHNIQUE</u>	<u>STANCE</u>
38. Right reverse 9 - block	Left front
39. Right circular low double ridgehand block	Left back
40. Left reverse 9 - block	Right front
41. Twin knifehand strike to sides (kihap)	Left front
42. Right reverse high arc hand strike	
43. Right front kick	
44. Left reverse high arc hand strike	Right front
45. Left front kick	
46. Right reverse high punch	Left front
47. Left high punch	
48. Tension high twin inward punch	Closed (right foot moves)
49. Left knifehand low block	Left front
50. Right reverse palm heel strike	
51. Right knifehand low block	Right front
52. Left reverse palm heel strike	
Move right foot to ready position	

Note: This form has many clockwise and counter clockwise turns throughout simulating frequent and multiple imaginary attackers. The turns noted are the most frequently erred and are noted as a reminder for emphasis.

