

## 2ND DEGREE BLACK BELT-DECIDED

### CHOONG JANG HYUNG

<u>TECHNIQUE</u>	<u>STANCE</u>
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 lt. leg	
28. Tension left reverse 90° horizontal punch across chest	Left front
29. Left upset ridgehand block - lt. foot stomp	Right back
30. Right reverse punch into left palm	
31. Right upset ridgehand block - rt. foot stomp	Left back
32. Left reverse punch into right palm	
33. Left knifehand strike	Right back