

Choong Jung 1

“The tree is firmly rooted in the Earth.”

1. Left foot steps into a *middle stance*, left upset palm-heel block.
2. In continuous motion, right punch.
3. In continuous motion, left punch.
4. Left foot steps to right foot. Right foot steps to *middle stance*, right upset palm-heel block.
5. In continuous motion, left punch.
6. In continuous motion, right punch.
7. Step right foot back to a right *back stance*, double knifehand block.
8. No step. Right concentration knifehand high/low block.
9. Hands up! #1 Right side kick.
10. Right foot steps down; move left foot counterclockwise to right *back stance*, right knifehand high/low block
11. Step together step to left in a *front stance*, right concentration reverse punch.
12. #2 Right front kick. Ki-Hap.
13. In continuous motion, right round kick.
14. Land in left *back stance*, double knifehand low block.
15. Right foot shifts into right *front stance*, left upset knifehand strike to high section.
16. Step with left foot 90° to east into right *rear stance*, left (bent arm) upset ridgehand strike to middle section.
17. Shift into right *back stance*, left horizontal spearhand strike to high section.
18. #3 Left jump outer crescent kick.
19. In continuous motion, land in right *back stance*, right reverse palm heel strike to high section.
20. Move right foot into *closed stance*, high X block with fists.
21. No step, right high knifehand strike to front.
22. In continuous motion, left punch to middle section. *Ki-Hap!*
23. Right foot steps 180° clockwise into *middle stance*, double low block.
24. #1 Right jump side kick.
25. Land in right *sparring stance*, double outer forearm block.

*****2nd half*****

26. Step with left foot counterclockwise 180° into *middle stance*, double low block.
27. #1 left jump side kick.
28. Land in left *sparring stance*, double outer forearm block.
29. Right foot steps clockwise 90 degrees west to left *rear stance*, right (bent arm) upset ridgehand strike to middle section.
30. Shift to left *back stance*, right horizontal spearhand strike to high section
31. #3 Right jump outer crescent kick.
32. In continuous motion, land in left *back stance*, left reverse palm heel strike to high section. *Ki-Hap!*
33. Step with left foot to *closed stance*, high X block with fists
34. Left knifehand strike to front high section.
35. In continuous motion, right punch to middle section.
36. Right foot steps clockwise 270° to right *front stance*, left concentration reverse punch
37. #2 Left front kick. And...
38. In continuous motion, left round kick.
39. Land in right *back stance*, double knifehand low block
40. Left foot shifts into left *front stance*, right reverse upset knifehand strike to high section.
41. Step together and turn 90° to left *back stance*, double knifehand block.
42. No step, left Concentration knifehand high/low block. (left high and right low)
43. #1 Left side kick.
44. Left foot steps down. Move right foot clockwise 180° into left *back stance*, left knifehand high/low block.

Choong Jung 1 Form Map

