

Choong Jung 2

“The sun is setting. The first phase of growth has been accomplished.”

1. Right foot steps right into a backstance concentration knifehand square block
2. Left leg steps into a backstance (facing opposite direction) concentration knifehand square block.
3. Right foot steps to the left foot, left foot steps forward into a backstance left low block.
4. Raise that arm, right reverse punch
5. Right foot steps forward into a backstance right low block
6. Raise that arm, left reverse punch
7. Left round kick (toward your left side) (re-chamber that kick for a side kick)
8. Left side kick (set kicking leg down in front, should be in a front stance)
9. Double inner forearm block
10. Chamber left arm out front, right reverse upset punch
11. Chamber left arm out, left leg steps to right to adjust, right foot steps forward into a backstance, and right palmheel strike KI-HAP!
12. Close your palmheel into a fist, move entire arm left 90 , and left palmheel strike
13. Hands up! left front kick (land with your feet together)
14. Turn right 180 & step out with right leg into a middle stance, right horizontal back elbow strike
15. Right leg picks up and adjusts into a backstance knifehand square block (right arm out, left high)
16. Jump change! (land in a backstance) double outer forearm block
17. Right knee picks up, left leg jump round kick (left leg lands in front) (land in sparring stance)
18. Double outer forearm block
19. Right leg turns backwards 90 into a rear stance, double knifehand low block
20. Right leg picks up and adjusts into a middle stance, right long ridge hand strike
21. Left reverse hook kick KI-HAP! (kicking leg lands in front) (land in backstance)
22. Chamber left arm out, right reverse punch
23. Left ridge hand strike

*****2nd Half*****

24. Back leg (right) round kick (re-chamber it for a side kick)
25. Right side kick (land in a front stance)
26. Double inner forearm block
27. Chamber right arm out, left reverse upset punch
28. Right foot steps toward the left, left foot steps forward into backstance, left palm heel strike
29. Close your palmheel to a fist, move entire arm right 90°, right palm heel strike
30. Back leg (right) front kick (feet land together)
31. Left foot steps sideways into a middle stance, left horizontal back elbow strike KI-HAP!
32. Left leg picks up and adjusts in to a backstance, knifehand square block
33. Jump change! Land in a backstance, double outer forearm block
34. Left knee picks up for a jump kick, right leg jump round kick (right leg lands in front)
35. (Should be in a sparring stance), double outer forearm block
36. Left foot steps forward into rear stance, double knifehand low block
37. Left foot picks up and adjusts into a middle stance, left long ridge hand strike
38. Right reverse hook kick (kicking leg lands in front) (should be in a backstance)
39. Chamber your right hand out, left reverse punch
40. Right ridgehand strike
41. Left foot steps up to right, turn right 90°, right leg steps backward into front stance low X block
42. Back leg (right) front kick (kicking leg lands behind, back into front stance)
43. High knifehand X block
44. Left foot steps backward into a front stance, low X block
45. Back leg (left) front kick (kicking leg lands behind, back into front stance)
46. High knife hand X block

Choong Jung 2 Form Map



