

Basic Techniques

- Double inner forearm block
- Knifehand high X-block
- Horizontal Back Elbow
- #3 Jump Round Kick
- Reverse Hook Kick
- Upset Ridgehand Strike

Board Breaks

- Palm Heel Strike
- Front Kick

Form: CHOO NG JUNG EE-JAHNG

		STANCE	TARGET				
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

Self-defense Techniques

(A) Attacker (D) Defender

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| <p>1. (A) Two hand choke.
(D) Palm heel strike to Median.
Brachial stun with backhand,
Upset knifehand strike,
Grab with interlocking grip to neck.
Deflate with two knee strikes.
Clear with a pressure point.</p> | <p>2. (A) Shoulder grab and punch
(D) Block, Radial strike, Brachial stun.
Hook neck. Knee strike.</p> |
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