



RED: Chung Jung Ee Jahng

1ST Stripe

1. Double innerforearm block – Palm Heel Strike – Knifehand High X Block – Reverse Upset Punch – Horizontal Back Elbow – Long Upset Ridgehand Strike.
2. #3 Jump Round Kick – Reverse Hook Kick - Jump Hook Kick 1,2,3,4 – Jump Reverse Hook Kick – Step Forward Jump Reverse Hook Kick – Jump Spin Hook Kick – Step forward Jump Spin Hook Kick
3. Round Kick # 1, 2, 3, 4

2nd Stripe

Sparring Combinations – Left foot steps back into a sparring stance

1. Backfist – Reverse Punch – Step Reverse Punch - #2 Jump Side Kick – Spin Heel Kick – #3 Jump Hook Kick – Reverse Punch
2. Backfist – Double Step & Reverse Punch – Step Reverse Jump Side Kick – Reverse Punch
3. Backfist - #3 Jump Hook Kick – Step Front Punch – Butterfly Crescent Kick – Reverse Hook Kick & Round Kick Combination - Reverse Punch

Self-defense Techniques (A) Attacker (D) Defender

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.
2. (A) Shoulder grab and punch
(D) Block, Radial strike, Brachial stun, Hook neck, Knee strike.

Board Break: Reverse Side Kick

3rd Stripe

FORM – CHOONG JUNG EE-JAHNG

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 – KiHap	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 – KiHap	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 – KiHap	--	M/H	44. B	X-Block	F L
22. R	Reverse Punch	B	M	45. L	#2 Front Kick	F M/H
23. L	Ridgehand Strike	B	H	46. B	Knifehand X-Block	F H

FORM SEGMENTS BREAK DOWN: 2-4-4-4-4-5-4-4-4-5-3-3

Choong Jung Ee Jahng has 46 movements and its Ki-haps are on the 11th movement (right palm heel strike), the 21st movement (left reverse hook kick), and the 31st movement (left horizontal elbow).

FORM MEANING: "All things turn out perfect and beautiful."

"Taekwondo – A Martial Art that Trains People Physically and Mentally"

Welcome to the Advanced Color Belt Course – You will be learning the advanced color belt techniques during this block of your training. Even though the blue, brown, red belts will all be learning the same curriculum during this block, we will expect a higher level of performance from the higher belts. With the Block style of teaching, it becomes very important for you to attend your regularly scheduled classes at least 2 times per week so that you do not fall behind the rest of your classmates. In the event of a vacation or illness, speak with your instructor about what material you missed. You are going to be amazed with your physical and mental growth during the next two months.

The name of your course is "Advanced Color Belt Course." What this means is that by this level of training, most students have set their goal at Black Belt in the Black Belt Club or Leadership Programs. There will be some Black Belt Club activities during your regular class times and there will be special activities scheduled on other days as well.

COLOR BELT PHILOSOPHY

Blue Belt: "The tree reaches for the sky towards new heights." Having passed the mid-way point, the student focuses his/her energy upwards toward black belt.

Brown Belt: "The tree is firmly rooted in the earth." At this point the student has mastered the basics and developed deep roots in Taekwondo.

Red Belt: "The sun is setting. The first phase of growth has been accomplished." The first day (the period of time from White to Red belt) of growth is coming to an end. The physical skill has been developed, but lacks control; therefore, physical and mental discipline must now be achieved.

FORM – Individual Action

Rhythm is an important part of your form practice. Certain segments should be performed as combinations and continuously. Example – First 2 movements together as a combination. Follow the rest of the form in this matter. Create individual expression through the rhythm in your form.

Choombe for Choon Jung Ee Jahng begins with the right foot stepping out. This is because the foot that moves on Choombe is always the first foot to move in the form. At the end of the form, the right foot will also step back to your set position. The shape of the form is rectangle which is made of two squares side by side. The first half of the form creates one square and the second half of the form creates another square.

BOARD BREAKING – Evidence of Power

When breaking boards it is important to follow proper set-up and breaking technique. Board holders should have their arms locked out straight prior to a student attempting to break the board. The breaker should say "Holders Set" to make sure that the holders are ready. Children should never break boards without the supervision of an adult.

Technique Requirements:

BLUE BELT: Jump Front Kick

BROWN BELT: Side Kick - Punch

RED BELT: Reverse Side Kick

AFTER COMPLETING THE ADVANCED COLOR BELT CURRICULUM THERE IS ONE LAST LEVEL BEFORE EARNING THE SOLID BLACK 1ST DEGREE BELT.

Red/Black Belt: Pass a Pre-Qual Fitness Test prior to testing – can be done at red or red/black, Student must have competed in at least one Tournament prior to Black Belt Testing..... Plus Select One Belt Major for Black Belt Testing:

_____ SongAhm Star: Kids perform 5 Forms and Adults ALL 9 Forms

_____ Street Self Defense: Kids perform 3 colors and Adults 6 Colors Plus 2 made up

_____ Weapons: 4 Club or Creative Forms: Ssahng Jeol Bong, Bahng Mahng Ee, Sword & Jahng Bong

(Upon Achieving Red/Black Belt the Student should order their custom embroidered Black Belt w/ Korean/English name.)