



BROWN – Choong Jung IL Jahng

1st stripe

1. Rear Stance – Palm Upset Block – Double Knifehand Low Block – Side High/Low Knifehand Block – High X Block – Low Double Outer Forearm Block – Upset Ridgehand Strike – Palm Heel Strike
2. #3 Jump Outer Crescent Kick - #1 Jump Side Kick

2nd Stripe

Sparring Combinations – Right 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 arm shoulder grab
(D) Spin with arm lock up, repeat vertical punch to ribs, elbow strike, clear with pressure point.
2. (A) One arm headlock from behind
(D) Radial strike, shift weight down, step away, stun to Brachial Plexus Origin, Backfist to head, hair grab to takedown.

-----at 5 weeks student Reality Tip Tests

3rd Stripe FORM – CHOONG JUNG IL JAHNG

Board Break: Punch Side Kick

1. I	Palm Upset Block	M	M	23. R	Double Outer Forearm Low Block	M	L
2. R	Punch	M	M	24. R	#1 Jump Side Kick	--	M/H
3. L	Punch	M	M	25. R	Double Outer Forearm Block	S	H
4. R	Palm Upset Block	M	M	26. L	Double Outer Forearm Low Block	M	L
5. L	Punch	M	M	27. L	#1 Jump Side Kick	--	M/H
6. R	Punch	M	M	28. L	Double Outer Forearm Block	S	H
7. L	Double Knifehand Block	B	H	29. R	Upset Ridgehand Strike	R	M
8. B	Knifehand High/Low Block	B	H&L	30. R	Horizontal Spearhand	B	H
9. R	#1 Side Kick	--	M/H	31. R	#3 Jump Outer Crescent Kick	--	M/H
10. B	Knifehand High/Low Block	B	H&L	32. L	Reverse Palm Heel Strike – KiHap	B	H
11. R	Reverse Punch	F	M	33. B	X Block	C	H
12. R	#2 Font Kick – KiHap	--	M/H	34. L	Knifehand Strike	C	H
13. R	Round Kick	--	M/H	35. R	Punch	C	M
14. R	Double Knifehand Low Block	B	L	36. L	Reverse Punch	F	M
15. L	Reverse Upset Knifehand Strike	F	H	37. L	#2 Front Kick	--	M/H
16. L	Upset Ridgehand Strike	R	M	38. L	Round Kick	--	M/H
17. L	Horizontal Spearhand	B	H	39. L	Double Knifehand Low Block	B	L
18. L	#3 Jump Outer Crescent Kick	--	M/H	40. R	Reverse Upset Knifehand Strike	F	H
19. R	Reverse Palm Heel Strike	B	H	41. R	Double Knifehand Block	B	H
20. B	X Block	C	H	42. B	Knifehand High/Low Block	B	H&L
21. R	Knifehand Strike	C	H	43. L	#1 Side Kick	--	M/H
22. L	Punch – KiHap	C	M	44. B	Knifehand High/Low Block	B	H&L

FORM SEGMENTS BREAK DOWN: 3-3-4-5-4-3-6-4-3-5-4

Choong Jung Il Jahng has 44 movements and its Ki-haps are on the 13th movement (#2 Front Kick), the 22nd movement (Left Punch), and the 32nd movement (Reverse Palm Heel Strike).

FORM MEANING: “All things turn out perfect and beautiful.”

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 Program. 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 – the first 3 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 Choong Jung Il Jahng begins with the left 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 left foot will also step back to your set position.

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

PLAN TO REACH YOUR GOAL BECOMING A BLACK BELT

Blue Belt: 20 classes, Mid-Term Reality Test, Traditional Curriculum, Sparring, Board Break: Jump Front Kick
Start Date _____ Mid-Term Date: _____ Graduation Date: _____

Brown Belt: 20 classes, Mid-Term Reality Test, Traditional Curriculum, Sparring, Board Break: Punch
Start Date _____ Mid-Term Date: _____ Graduation Date: _____

Red Belt: 20 classes, Mid-Term Reality Test, Traditional Curriculum, Sparring, Board Break: Rev. Side Kick
Start Date _____ Mid-Term Date: _____ Graduation Date: _____

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

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