

# Sokol's Taekwondo LLC

## CHOONG JUNG EE-JAHNG (#2)

	Side		Stance	Section
1)	R	KNIFEHAND SQUARE BLOCK	B	H
2)	L	KNIFEHAND SQUARE BLOCK	B	H
3)	L	LOW BLOCK	B	L
4)	R	REVERSE PUNCH	B	M
5)	R	LOW BLOCK	B	L
6)	L	REVERSE PUNCH	B	M
7)	L	#2 ROUND KICK	--	M/H
8)	L	SIDE KICK	--	M/H
9)	L	DOUBLE INNER FOREARM BLOCK	F	H
10)	R	REVERSE UPSET PUNCH	F	M
11)	R	PALM HEEL STRIKE (KI-HAP)	B	H
12)	L	REVERSE PALM HEEL STRIKE	B	H
13)	L	#2 FRONT KICK	--	M/H
14)	R	HORIZONTAL BACK ELBOW	M	H
15)	R	KNIFEHAND SQUARE BLOCK	B	H
16)	L	DOUBLE OUTER FOREARM BLOCK	B	H
17)	L	#3 JUMP ROUND KICK	--	M/H
18)	L	DOUBLE OUTER FOREARM BLOCK	S	H
19)	R	DOUBLE KNIFEHAND LOW BLOCK	R	L
20)	R	UPSET RIDGEHAND STRIKE	M	M
21)	L	REVERSE HOOK KICK (KI-HAP)	--	M/H
22)	R	REVERSE PUNCH	B	M
23)	L	RIDGEHAND STRIKE	B	H
24)	R	#2 ROUND KICK	--	M/H
25)	R	SIDE KICK	--	M/H
26)	R	DOUBLE INNER FOREARM BLOCK	F	H
27)	L	REVERSE UPSET PUNCH	F	M
28)	L	PALM HEEL STRIKE	B	H
29)	R	REVERSE PALM HEEL STRIKE	B	H
30)	R	#2 FRONT KICK	--	M/H
31)	L	HORIZONTAL BACK ELBOW (KI-HAP)	M	H
32)	L	KNIFEHAND SQUARE BLOCK	B	H
33)	R	DOUBLE OUTER FOREARM BLOCK	S	H
34)	R	#3 JUMP ROUND KICK	--	M/H
35)	R	DOUBLE OUTER FOREARM BLOCK	S	H
36)	L	DOUBLE KNIFEHAND LOW BLOCK	R	L
37)	L	UPSET RIDGEHAND STRIKE	M	M
38)	R	REVERSE HOOK KICK	--	M/H
39)	L	REVERSE PUNCH	B	M
40)	R	RIDGEHAND STRIKE	B	H
41)	B	X-BLOCK	F	L
42)	R	#2 FRONT KICK	--	M/H
43)	B	KNIFEHAND X-BLOCK	F	H
44)	B	X-BLOCK	F	L
45)	L	#2 FRONT KICK	--	M/H
46)	B	KNIFEHAND X-BLOCK	F	H

SEGMENT BREAK DOWN: 2-4-4-4-4-5-4-4-4-5-3-3

CHOONG JUNG EE-JAHNG (2) HAS 46 MOVEMENTS AND ITS KI-HAPS ARE ON THE 11<sup>TH</sup> MOVEMENT (RIGHT PALM HEEL STRIKE) THE 21<sup>ST</sup> MOVEMENT (LEFT REVERSE HOOK KICK) AND THE 31<sup>ST</sup> MOVEMENT (LEFT HORIZONTAL ELBOW).

**“A Martial Art that Trains People Physically and Mentally”**

# Sokol's Taekwondo LLC

## Single Ssahng jeol bong form

### June bee

Knifehand high block – step back  
Line #9 strike  
Circle back & up to right shoulder  
Triangle (in place)  
Step slide triangle  
#3 jump front kick *ki-hap*  
V-strike (in place)  
Propeller (w jump turn)  
X-strike 3x

### Turn to do Left side

Triangle (in place)  
Step slide triangle  
#3 jump front kick *ki-hap*  
V-strike (in place)  
Propeller (w jump turn)  
X-strike 3x  
#1 round kick *ki-hap*

### Return to ready stance

## Warrior combination #17

#3 front kick  
Return  
#2 round kick  
Return  
Reverse back kick

## Board Breaks

Recommended black belts will choose the breaks they would like to do.  
Choose one hand technique and one kick.

**“A Martial Art that Trains People Physically and Mentally”**