

Sequence Summary

Choong Jung Il-Jahng # 1



	SEGMENT	TECHNIQUE	STANCE	SECTION
PHASE A	SEGMENT ONE			
	1.	L Palm Upset Block	Middle	Middle
	2.	R Punch	Middle	Middle
PHASE A Opp.	3.	L Punch	Middle	Middle
	SEGMENT TWO			
	4.	R Palm Upset Block	Middle	Middle
PHASE B	5.	L Punch	Middle	Middle
	6.	R Punch	Middle	Middle
	SEGMENT THREE			
PHASE C	7.	L Double Knifehand Block	Back	High
	8.	R Knifehand High-Low Block	Back	Low & High
	9.	R #1 Side Kick		Mid or High
	10.	R Knifehand High-Low Block	Back	Low & High
PHASE D	SEGMENT FOUR			
	11.	R Reverse Punch	Front	Middle
	12.	R #2 Front Kick - KIHAP		Mid or High
	13.	R Round Kick		Mid or High
	14.	R Double Knifehand Low Block	Back	Low
PHASE E	15.	L Reverse Upset Knifehand Strike	Front	High
	SEGMENT FIVE			
	16.	L Upset Ridgehand Strike	Rear	Middle
	17.	L Horizontal Spearhand	Back	High
	18.	L #3 Jump Outer Crescent Kick		High
PHASE D Opp.	19.	R Reverse Palm Heel Strike	Back	High
	SEGMENT SIX			
	20.	B X-Block	Closed	High
	21.	R Knifehand Strike	Closed	High
PHASE E Opp.	22.	L Punch - KIHAP	Closed	Middle
	SEGMENT SEVEN			
	23.	R Double Outer Forearm Low Block	Middle	Low
	24.	R #1 Jump Side Kick		Mid or High
PHASE D Opp.	25.	R Double Outer Forearm Block	Sparring	High
	26.	L Double Outer Forearm Low Block	Middle	Low
	27.	L #1 Jump Side Kick		Mid or High
	28.	L Double Outer Forearm Block	Sparring	High
PHASE C Opp.	SEGMENT EIGHT			
	29.	R Upset Ridgehand Strike	Rear	Middle
	30.	R Horizontal Spearhand	Back	High
	31.	R #3 Jump Crescent Kick		Mid or High
PHASE B Opp.	32.	L Reverse Palm Strike - KIHAP	Back	High
	SEGMENT NINE			
	33.	B X-Block	Closed	High
PHASE C	34.	L Knifehand Strike	Closed	High
	35.	R Punch	Closed	Middle
	SEGMENT TEN			
PHASE D Opp.	36.	L Reverse Punch	Front	Middle
	37.	L #2 Front Kick		Mid or High
	38.	L Round Kick		Mid or High
	39.	L Double Knifehand Low Block	Back	Low
	40.	R Reverse Upset Knifehand Strike	Front	High
PHASE B	SEGMENT ELEVEN			
	41.	R Double Knifehand Block	Back	High
	42.	L Knifehand High-Low Block	Back	Low & High
	43.	L #1 Side Kick		Mid or High
PHASE A Opp.	44.	L Knifehand High-Low Block	Back	Low & High

Note: All forms begin facing East.



Sequence Description

Choong Jung Il-Jahng # 1



- NEW BLOCKS:** Palm Upset Block, Double Knifehand Low Block, Side High / Low Knifehand Block, High X-Block, Low Double Outer Forearm Block
- NEW STRIKES:** (Bent Arm) Upset Ridgehand Strike, Palm Heel Strike
- NEW KICKS:** #3 Jump Outer Crescent Kick, #1 Jump Side Kick
- NEW STANCE:** Rear Stance
- TYPE OF MOVEMENT:** Strong, Fast, Individual Techniques; Fast Combination Techniques; Tension Movement (5 seconds)
- READY POSITION:** Left Regular Ready Position

SEGMENT ONE

1. Left Foot steps North to Middle Stance, Left Palm Upset Block. And...
2. In a continuous motion, Right Punch. And...
3. In a continuous motion, Left Punch.

SEGMENT TWO

4. Left Foot steps to Right Foot. Right Foot steps to Middle Stance, Right Palm Upset Block. And...
5. In a continuous motion, Left Punch. And...
6. In a continuous motion, Right Punch.

SEGMENT THREE

7. Step Right Foot to West 90 degrees to Right Back Stance, Double Knifehand Block facing East.
8. No step. Face West, Right High/Left Low Knifehand Block to sides (tension movement).
9. #1 Right Side Kick.
10. Right Foot steps down; move Left Foot counterclockwise to Right Back Stance facing West, Right High/Low Left Knifehand Block to both sides.

SEGMENT FOUR

11. Double Step to South, 90 degrees to East into Left Front Stance, Right Tension Punch while breathing out.
12. #2 Right Front Kick. KIHAP. And...
13. In a continuous motion, Right Round Kick.
14. Land in Left Back Stance, Double Knifehand Block.
15. No step. Right Foot shifts into Right Front Stance, Left Reverse Upset Knifehand Strike to high section.

SEGMENT FIVE

16. Step with Left Foot 90 degrees to East into a Right Rear Stance, Left (Bent Arm) Upset Ridgehand Strike to middle section.
17. To East, shift into Right Back Stance, Left Horizontal Spearhand Strike to high section.
18. #3 Left Jump Outer Crescent Kick (advance one front stance length). And...
19. In a continuous motion, land in Right Back Stance, Right Reverse Palm Heel Strike to high section.

SEGMENT SIX

20. Move Right Foot into Closed Stance, High X-Block with fists.
21. No step, Right High Knifehand Strike to front. And...
22. In a continuous motion, Left Punch to middle section. KIHAP.

SEGMENT SEVEN

23. Right Foot steps 180 degrees clockwise into Middle Stance, Low Double Outer Forearm Block facing North.

24. #1 Right Jump Side Kick (advance one front stance length).
25. Land in Right Sparring Stance, Double Outer Forearm Block.
26. Step with Left Foot counterclockwise 180 degrees into Middle Stance, Low Double Outer Forearm Block facing North.
27. #1 Left Jump Side Kick (advance one front stance length).
28. Land in Left Sparring Stance, Double Outer Forearm Block.

SEGMENT EIGHT

29. Right Foot steps clockwise 90 degrees West to Left Rear Stance, Right (Bent Arm) Upset Ridgehand Strike to middle section.
30. Shift to Left Back Stance, Right Horizontal Spearhand Strike to high section.
31. #3 Right Jump Outer Crescent Kick (advance one front stance length). And...
32. In a continuous motion, land in Left Back Stance, Left Reverse Palm Heel Strike to high section. KIHAP

SEGMENT NINE

33. Step with Left Foot to Closed Stance, High X-Block with fists.
34. Left Knifehand Strike to front high section. And...
35. In a continuous motion, Right Punch to middle section.

SEGMENT TEN

36. Right Foot steps clockwise 270 degrees to Right Front Stance, Left Reverse Tension Punch while breathing out.
37. #2 Left Front Kick. And...
38. In a continuous motion, Left Round Kick.
39. Land in Right Back Stance, Double Knifehand Low Block.
40. Left Foot shifts into Left Front Stance, Right Reverse Upset Knifehand Strike to high section.

SEGMENT ELEVEN

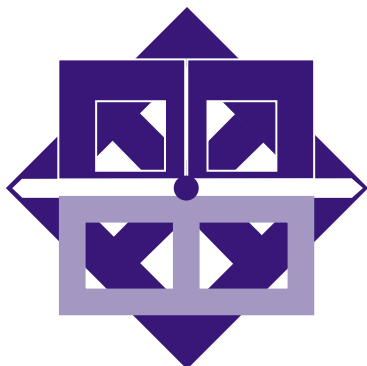
41. Double Step 90 degrees East to Left Back Stance, Double Knifehand Block to West.
42. No step, Left High/Right Low Knifehand Block to both sides in Tension Movement facing East.
43. #1 Left Side Kick.
44. Left Foot steps down. Move Right Foot clockwise 180 degrees into Left Back Stance facing East, Left High, Right Low Knifehand Block to both sides.

Bahroh - Left Foot steps forward to Parallel Stance, Regular Ready Position.



Memorization Diagram

Choong Jung Il-Jahng # 1



The location of Choong Jung Il-Jahng #1 is the **light blue rectangle** that completes the same western half of the Songahm Star as Songahm Sah-Jahng #4. However, this form implements more advanced techniques in a “figure eight” design (the “infinity” symbol).

As you learn this form you will make contact with the northwest and southwest points of the Songahm Star. Although the techniques are somewhat more difficult, the pattern is easy to follow because the form repeats itself on the opposite side of each square. It is imperative that you understand the directions to turn and the steps to take on each corner.

Choong Jung Il-Jahng has ten (10) phases lettered A, B, C, D, E and opposite sides of each. When following this diagram, begin at the circle labeled “she-jahk” and follow the arrow around the square. When you have arrived back at the circle, begin to follow the second square beginning at the box labeled “bah-ro” and follow the arrow clockwise around the square until you return to the small square labeled “bah-ro.”

