



1st Grade Red Belt Form

Choong Jung Ee-Jahng - *All things turn out perfect and beautiful.*

Red Belt - *The sun is setting. The first phase of growth has been accomplished.*

New Techniques

Double Inner Forearm Block

Palm Heel Strike

#3 Jump Round Kick

Reverse Upset Punch

Horizontal Back Elbow Strike

Reverse Hook Kick

Ridgehand Strike

June-bee - Right foot steps to Regular Ready Position

1st Half	Technique	Direction	Stance	Section
Segment 1	1. Right Knifehand Square Block (Tension)	South	Left Back	High
	2. Left Knifehand Square Block (Tension)	North	Right Back	High
Segment 2	3. Left Low Block	East	Right Back	Low
	4. Right Reverse Punch	East	Right Back	Mid
	5. Right Low Block	East	Left Back	Low
	6. Left Reverse Punch	East	Left Back	Mid
Segment 3	7. Left #2 Round Kick	North		Mid/High
	8. Left Side Kick	North		Mid/High
	9. Left Double Inner Forearm Block	North	Left Front	High
	10. Right Reverse Upset Punch	North	Left Front	Mid
Segment 4	11. Right Palm Heel Strike (Ki-hap)	North	Left Back	High
	12. Left Reverse Palm Heel Strike	West	Left Back	High
	13. Left #2 Front Kick	North		Mid/High
	14. Right Horizontal Back Elbow Strike	West	Middle	High
Segment 5	15. Right Knifehand Square Block	West	Left Back	High
	16. Left Double Outer Forearm Block	West	Right Back	High
	17. Left #3 Jump Round Kick	West		Mid/High
	18. Left Double Outer Forearm Block	West	Left Sparring	High
Segment 6	19. Right Low Double Knifehand Block	South	Left Rear	Low
	20. Right Upset Ridgehand Strike	South	Middle	Mid
	21. Left Reverse Hook Kick (Ki-hap)	South		Mid/High
	22. Right Reverse Punch	South	Right Back	Mid
	23. Left Ridgehand Strike	South	Right Back	High

Bah-ro - Right foot steps to Regular Ready Position