



2ND DEGREE DECIDED BLACK BELT

JUNG YUL

		Stance	Section				Stance	Section
1.	L	Horizontal Elbow, R-Vertical Back Elbow	M	M&H	42. B High Nine Block		R	H&L
2.	L	Square Block	M	H	43. R Butterfly Kick		--	H
3.	R	Horizontal Elbow, L-Vertical Back Elbow	M	M	44. L Reverse Side Kick		--	M/H
4.	R	Square Block	M	M	45. R #2 Side Kick		--	M/H
5.	B	Twin Punch	C	H	46. R Downward Double Knifehand Strike		S	H
6.	R	Punch	X	H	47. L #2 Round Kick		--	H
7.	R	Downward Elbow Strike	X	L	48. L Round Kick		--	H
8.	R	Circular Double Knifehand Low Block	X	L	49. L Round Kick		--	H
9.	L	Reverse Hooking Block	F	H	50. B Twin Punch		C	H
10.	R	Hooking Block	F	H	51. L Punch		X	H
11.	L	Reverse Vertical Punch	F	H	52. L Downward Elbow Strike		X	L
12.	L	#2 Ax Kick	--	H	53. L Circular Double Knifehand Low Block		X	L
13.	L	Knifehand Low Block	F	L	54. R Reverse Hooking Block		F	H
14.	R	Circular Reverse Knifehand Block	F	H	55. L Hooking Block		F	H
15.	L	Arc Hand Strike	OL	H	56. R Reverse Vertical Punch		F	H
16.	R	Upward Elbow	OL	H	57. R #2 Ax Kick		--	H
17.	B	Knifehand & Open Hand Block	OL	H&L	58. R Knifehand Low Block		F	L
18.	R	Reinforced Inner Forearm Block	X	H	59. L Circular Reverse Knifehand Block		F	H
19.	R	Back Fist	X	M	60. R Arc Hand Strike		OL	H
20.	L	Horizontal Hammer Fist	X	M	61. L Upward Elbow		OL	H
21.	R	Circular Double Knifehand Block	B	H	62. B Knifehand & Open hand Blk. *Ki-hap		OL	H&L
22. L #2 Inner Crescent Kick ** Ki-hap			--	H	63. L Reinforced Inner Forearm Block		X	H
23.	R	Reverse Hook Kick	--	H	64. L Back Fist		X	H
24.	R	Round Kick	--	H	65. L Horizontal Hammer Fist		X	H
25.	R	High Block	B	H	66. L Circular Double Knifehand Block		B	H
26.	R	Downward Palm Block	R	L	67. R #2 Inner Crescent Kick		--	H
27.	R	Punch	M	H	68. L Reverse Hook Kick		--	H
28.	R	Inward Palm Block	B	M	69. L Round Kick		--	H
29.	L	Reverse Punch	B	H	70. L High Block		B	H
30.	R	Upset Knifehand Strike	B	H	71. L Downward Palm Block		R	L
31.	R	Circular Downward Knifehand Strike	X	H	72. L Punch		M	H
32.	R	#2 Front Kick	--	H	73. L Inward Palm Block		B	M
33.	R	#1 Side Kick	--	M	74. R Reverse Punch		B	H
34.	R	Circular Dbl. Outer Forearm Low Block	M	L	75. L Upset Knifehand Strike		B	H
35.	L	Circular Double Knifehand Block	B	H	76. L Circular Downward Knifehand Strike		X	H
36.	R	#2 Round Kick	--	H	77. L #2 Front Kick		--	H
37.	R	Round Kick	--	H	78. L #1 Side Kick		--	H
38.	R	Round Kick	--	H	79. L Circular Dbl. Outer Forearm Low Block		M	L
39.	R	Downward Double Knifehand Strike	S	H	80. R Circular Double Knifehand Block		B	H
40.	B	High Nine Block	R	H&L	81. L Knifehand Strike		B	H
41.	L	Downward Double Knifehand Strike	S	H	82. R Reverse Punch		B	H



Black Belt Philosophy

The philosophical interpretation of the 2nd Degree Black Belt is:

“With your noble character you will develop a new permanence in your life.”

The tree must now begin to plant seeds that will live beyond its year. This is essential for the forest to survive.

Form – Individual action

Segments break down: 5-3-6-3-4-6-3-5-3-4-4-4-3-6-3-4-6-3-5-2

Jung Yul has 82 movements and its Ki-haps are on the 22nd movement (Left #2 Inner Crescent Kick), the 42nd movement (both hands High Nine Block), and the 62nd movement (Right Knifehand and Left Open Hand Block).

Board Breaking Technique Requirements

1. Hammerfist, #3 Jump Axe Kick at face level.
2. Step forward Spin Hook Kick, Jump Side kick over two obstacles.
3. Upset Hammerfist, #2 Jump Round Kick to face level.
4. Backfist, Side Kick and Continuous Round Kick with same foot without letting it touch the floor.

Promotion Requirements

1. Know and perform your form
2. Two Year Time in Rank as a 2nd Degree Decided
3. Do required Board Breaks
4. Do required Mid-Term Exams (3 Minimum)
5. Attend 2 Regional Tournaments a year as a Competitor and Judge.
6. Must have Instructor's Permission