

BROWN STRIPE



Form

Chon Ji In Yee Chang (33 movements)
Earth, which has served as the one constant for the development of humanity.

Blocks

Open Hand Box Block

Stances

Cat Stance

Self-Defense

Double Leg Takedown From Punching

Strikes

Spear Hand Strike
Eye Gouge Strike
Front Leg Axe Kick
Spinning In-Out Crescent Kick

Grappling

O-Soto Gari Throw
Koshi Guruma Throw
Sit-Up Sweep (From Guard)
Scissor Sweep (From Guard)
Flower Sweep (From Guard)