

Martial Arts Carolina

Form and Rank Requirement Sheet

Joong-Gun: 32 movements

History: Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-bumi Ito, the first Japanese governor-general of Korean, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Joong-Gun's age when he was executed at Lui-Shung prison (1910).

Form:

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position B (middle) facing North		
1. Step left foot W, left upset ridgehand block	W	RB
2. Left #1 front kick	W	
3. Step forward, right upset palm heel block	W	LR
4. Step right foot CW to E, right upset ridgehand block	E	LB
5. Right #1 front kick	E	
6. Step forward, left upset palm heel block	E	RR
7. Step left foot N, double knifehand block	N	RB
8. Slide to LF stance, right reverse upward elbow into left palm	N	LF
9. Step forward, double knifehand block	N	LB
10. Slide to RF stance, left reverse upward elbow into right palm	N	RF
11. Step forward, twin vertical punches (high)	N	LF
12. Step forward, twin upset punches	N	RF
13. Step online, turn CCW 180°, X-block (high) KIHAP SLF		
14. Step left foot E, left backfist	E	RB
15. Left twisting release downward		
16. Shift to LF stance, right reverse punch (high) E	LF	
17. Step left foot to right, then right foot to W, right backfist	W	LB
18. Right twisting release downward		
19. Shift to RF stance, left reverse punch (high)	W	RF <i>Halfway</i>
20. Step right foot to left, then left foot to S, double inner forearm block	S	LF
21. Pull left foot back, left punch	S	RB
22. Right #2 side kick, land in RF stance	S	
23. Double inner forearm block	S	RF
24. Pull right foot back, right punch	S	LB
25. Left #2 side kick, land in RB stance	S	
26. Double outer forearm block	S	RB
27. Shift to LF stance, slow pressing block	S	LF
28. Step forward, double outer forearm block	S	LB
29. Shift to RF stance, slow pressing block	S	RF
30. Step left foot to closed stance facing E, right horizontal punch KIHAP	E	C
31. Step right foot E, pole block	E	LB
32. Step right foot to left, then left to W, pole block	W	RB

Right foot returns to ready position

Signature Techniques: Spin and Reverse Crescent Kicks, Hook Punch, Jab Punch, Cross Punch, Reverse & Horizontal Elbow Strikes, and Upset & Regular Ridgehand Strikes.

Self Defense Techniques (*hands up touching cheeks, triangle, or at ears*): (1) Absorbing (Muay Thai) Block, #2 Round Kick to shin, and Horz. and Vert. Elbow Strikes. (2) Knifehand Block, Back Fist Strike, 2 Hook Punches and Winding Throw. (3) *Adult add-on* Armbar from wrist grabs.