

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).

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>	
Closed ready position B (middle) facing North			
1. Step left foot W, left upset ridge-hand 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 ridge-hand 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 knife-hand block	N	RB	
8. Slide to LF stance, right reverse upward elbow into left palm	N	LF	
9. Step forward, double knife-hand block	N	LB	
10. Slide to RF stance, left reverse upward elbow into right palm	N	RF	
11. Step forward high twin vertical punch	N	LF	
12. Step forward twin upset punch	N	RF	
13. Step online, turn CCW 180°, X-block (high)	S	LF	
14. Step left foot E, left high backfist	E	RB	
15. Left twisting release downward			
16. Shift to LF stance, right reverse punch (high)	E	LF	KIHAP
17. Step left foot to right, then right foot to W, right high backfist	W	LB	
18. Right twisting release downward			
19. Shift to RF stance, left reverse punch (high)	W	RF	
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. Step to RF stance, slow pressing block	S	RF	
30. Step left foot to closed stance right Horizontal punch	E	C	KIHAP
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			

Joong-Gun (Cont.)

Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: Upset Ridge hand block (front hand), Upward elbow to bicep (chin optional), #2 round kick (knee optional), and #2 Ax kick (inside to outside).

(1b) SS: #1 Front kick, Jab, Cross, and #2 Ax kick.

(2a) SD: Pressing block and shoulder throw (hip throw optional).

(2b) SS: Other side.

