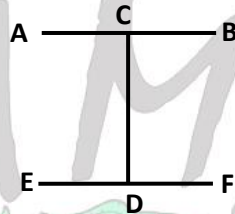


Joong Gun (Chun Gun)

Joong Gun: (32 movements) Is named after the patriot An-Chung Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korean-Japan merger. The thirty-two movements of this pattern represent Mr. An's age when he was executed at the Lui-Shung prison in 1910. - I Pattern - This form begins and ends in a close ready stance B.



- You will start at C facing D
1. Move the left foot to B, forming a L (back) stance toward B while extending a middle side block to B with the left reverse knife hand.
 2. Execute a low front snap kick with the left foot, keeping the position of the hands as they were in 1.
 3. Lower the left foot to B and then move the right foot to B, forming a left rear foot stance toward B while executing an upward block with the right palm.
 4. Move the right foot to A, forming a L (back) stance toward A while extending a middle side block to A with the right reverse knife hand.
 5. Execute a low front snap kick with the right foot, keeping the position of the hands as they were in 4.
 6. Lower the right foot to A and then move the right foot to A, forming a right rear foot stance toward A while executing an upward block with the left palm.
 7. Move the left foot to D, forming a right L (back) stance toward D while executing a middle guarding (double knife hand guarding) block to D with knife hands.
 8. Execute a high strike to D with the right upper elbow while forming a left walking (front) stance toward D, slipping the left foot to D.
 9. Move the right foot to D, forming a left L (back) stance toward D while executing a middle guarding (double knife hand guarding) block to D with knife hands.
 10. Execute a high strike to D with the left upper elbow while forming a right walking (front) stance toward D, slipping the right foot to D.
 11. Move the left foot to D, forming a left walking (front) stance toward D while executing a high vertical punch to D with twin fists.
 12. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with twin fists.
 13. Move the right foot on line CD, and then turn counterclockwise to form a left walking (front) stance toward C while executing a rising block with an X fist (X block). **Kihap**
 14. Move the left foot to E, forming a right L (back) stance toward E while executing a high side strike to E with the left back fist.
 15. Twist the left fist counterclockwise until the back fist faces downward, at the same time forming a left walking (front) stance toward E, slipping the left foot to E.

16. Execute a high (reverse) punch to E with the right fist while maintaining a left walking (front) stance toward E. Perform 15 and 16 in a fast motion.
17. Bring the left foot to the right and then move the right foot to F, forming a left L (back) stance toward F while executing a high side strike to F with the right back fist.
18. Twist the right fist clockwise until the back fist faces downward while forming a right walking (front) stance toward F, slipping the right foot to F.
19. Execute a high (reverse) punch to F with the left fist while maintaining a right walking (front) stance toward F.
20. Bring the right foot to the left foot and then move the left foot to C, forming a left walking (front) stance toward C while executing a high block to C with a left double forearm.
21. Execute a middle punch to C with the left fist while forming a right L (back) stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C, forming a right walking (front) stance toward C while executing a high side block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L (back) stance toward C, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.
26. Lower the left foot to C, forming a left L (back) stance toward C while executing a middle guarding block to C with the left double forearm.
27. Execute a pressing block to C with the right palm while forming a left low stance toward C, slipping the left foot.
28. Move the right foot to C, forming a left L (back) stance toward C while executing a middle guarding block to C with the right double forearm.
29. Execute a pressing block to C with the left palm while forming a right low stance toward C, slipping the right foot.
30. Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.
31. Move the right foot to A, forming a right fixed stance toward A while executing a U shape (pole) block to A.
32. Bring the right foot to the left foot and then move the left foot to B, forming a left fixed stance toward B, at the same time executing a U shape (pole) block to B. **Kihap**

Notes: _____

