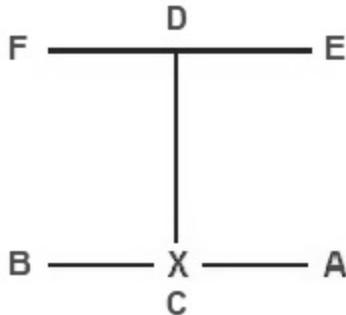


**JOONG-GUN** is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung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



## **JOONG-GUN**

### **Movements - 32**

#### **Ready Posture - CLOSED READY STANCE B**

1. Move the left foot to B, forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B 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 left L-stance toward A, at the same time executing a middle block to A with the right reverse knife-hand.
5. Execute a low side front kick to A 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 left 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-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D, forming a left L-stance toward D, at the same time executing a middle guarding block to D with a knifehand.
10. Execute a left upper elbow strike, at the same time forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D, forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD, and then turn counter-clockwise to form a left walking stance toward C while executing a rising block with an X-fist.

**14.** Move the left foot to E, forming a right L-stance toward E while executing a high side strike to E with the left back fist.

**15.** Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.

**16.** Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.

**17.** Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.

**18.** Twist the right fist clockwise until the back fist faces downward while forming right walking stance toward E, slipping right foot to F.

**19.** Execute a high punch to F with the left fist while maintaining a right walking stance toward F.

Perform 18 and 19 in a fast motion.

**20.** Bring the right foot to the left foot and then move the left foot to C, forming a left walking 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-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 stance toward C while executing a high block to C with the right double forearm.

**24.** Execute a middle punch to C with the right fist while forming a left L-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 right L-stance toward C while executing a middle guarding block to C with the forearm.

**27.** Execute a pressing block with the right palm while forming a left low stance toward D, slipping the left foot to C.

Perform 27 in a slow motion.

**28.** Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with the forearm.

**29.** Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C.

Perform 29 in a slow motion.

**30.** Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.

Perform 30 in a slow motion.

**31.** Move the right foot to A, forming a right fixed stance toward A while executing a U-shape 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 block to B.

**END:** Bring the left foot back to Close Ready Stance B