

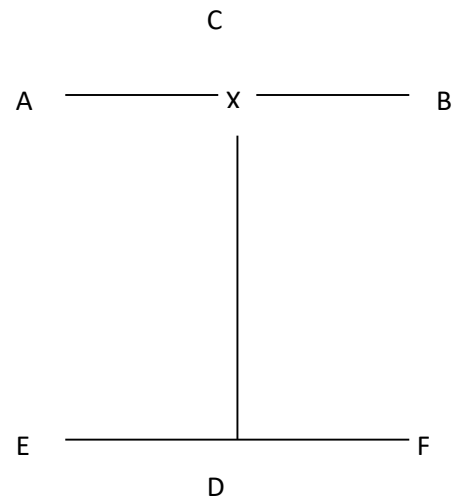


Joong-Gun- 32 Moves- Named after the patriot An Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. The 32 movements in this pattern represent Mr. An's age when he was executed at Lui-Shung prison in 1910.

Practiced by Blue Belts

Start from Ready Stance B

1. Move your left foot to B, forming a right back stance while executing a middle side block to B with a left inverted ridge hand.
2. Execute a low front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower your foot to B and then move your right foot to B, forming a cat stance while executing a right hand palm up block.
4. Move your right foot to A, forming a left back stance while executing a middle side block to A with a right inverted ridge hand.
5. Execute a low front snap kick to A with your right foot, keeping the position of the hands as they were in 4.
6. Lower your right foot to A and then move your left foot to A, forming a cat stance while executing a left hand palm up block.
7. Move your left foot to D forming a right back stance while executing a knife hand guarding block to D.
8. Execute a high strike to D with the right upper elbow while forming a left front stance.
9. Move your right foot to D, forming a left back stance, at the same time executing a knife hand guarding block to D.
10. Execute a high strike to D with the upper elbow, at the same time forming a right front stance.
11. Move your left foot to D, forming a left front stance while executing a high double punch to D.
12. Move your right foot to D, forming a right front stance toward D while executing a double upset kidney punch to D.
13. Move the right foot on line CD, and then turn counter-clockwise to form a left front stance towards C (box step) while executing a high X block.
14. Move the left foot to E, forming a back stance while executing a left hand backfist block to E.



15. Twist the left fist counterclockwise until the back fist faces downward (circular block) towards E.
16. Execute a high reverse punch to E with the right fist while forming a front stance towards E.
17. Bring the left foot to the right foot and then move the right foot to F, forming a back stance towards F while executing a right hand back fist block.
18. Twist the right fist counter-clockwise until the back fist faces downward to F.
19. Execute a high reverse punch to F with the left fist while forming a right front stance towards F.
20. Bring the right foot to the left foot and then move the left foot to C, forming a left front stance while executing a left middle double forearm guarding block to C.
21. Pull back left foot, while aiming with right hand, stepping back out with left foot in back stance, execute a front middle punch towards C.
22. Execute a back leg side kick with the right foot.
23. Lower the right foot to C, forming a right front stance while executing a right middle double forearm guarding block.
24. Pull back the right foot, while aiming with the left hand, stepping back out with the right foot in back stance, executing a front middle punch towards C.
25. Execute a back leg side kick to C with the left foot.
26. Lower the left foot to C, forming a fighting stance.
27. Stepping out into a left front stance towards C with right hand high and left hand low, execute a pressing block.
28. Move the right foot to C forming a fighting stance.
29. Stepping out into a right front stance towards C with the left hand high and the right hand low, execute a pressing block.
30. Bring the left foot to the right foot, forming a closed stance towards A while executing a hook punch with the right hand.
31. Move the right foot to A, forming a back stance while executing a staff block.
32. Bring the right foot to the left foot and then move the left foot to B, forming a back stance while executing a staff block.

Bring left foot back to right in ready stance B

Return to Chumbi