

Joong Gun

Patterns

This pattern is named after the Korean patriot Ahn Joong-Gun, who assassinated Hiro Bumi Ito, the first Japanese Governor-General of Korea. He was executed at Lui Shung Prison in 1910.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Closed Ready Stance B			
1	Left 90°	←	Ridgehand Block	Left Arm	Mid	L
2		←	Front Snap Kick	Left Leg	Low	
3	Forward	←	Palm Upward Block	Right Arm	Mid	Rear foot
4	Right 180 °	→	Ridgehand Block	Right Arm	Mid	L
5		→	Front Snap Kick	Right Leg	Low	
6	Forward	→	Palm Upward Block	Left Arm	Mid	Rear foot
7	Left 90°	↑	Knife-Hand Guarding Block	Left Arm	Mid	L
8	No Step	↑	Upward Elbow Strike	Right Arm	High	Walking
9	Forward	↑	Knifehand Guarding Block	Right Arm	Mid	L
10	No Step	↑	Upward Elbow Strike	Left Arm	High	Walking
11	Forward	↑	Twin Vertical Punch		High	Walking
12	Forward	↑	Twin Upset Punch		Mid	Walking
			Move The Right Foot Across, Spot Turn			
13	Left 180°	↓	X Fist Rising Block		High	Walking
14	Left 90°	→	Backfist Side Strike	Left Arm	High	L
15		→	Release From Grab, Outwards (Fast)	Left Arm	Mid	Walking
16		→	Reverse Punch (Fast)	Right Arm	High	Walking
			Bring Left Foot to Right Foot			
17	Right 180°	←	Backfist Side Strike	Right Arm	High	L
18		←	Release From Grab, Outwards (Fast)	Right Arm	Mid	Walking
19		←	Reverse Punch (Fast)	Left Arm	High	Walking
		←	Bring Right Foot to Left Foot			
20	Left 90°	↓	Double Forearm Block	Left Arm	High	Walking
21	No Step	↓	Side Punch	Left Arm	Mid	L
22	Forward	↓	Side Piercing Kick	Right Leg	Mid	
23	On Landing	↓	Double Forearm Block	Right Arm	High	Walking
24	No Step	↓	Side Punch	Right Arm	Mid	L
25	Forward	↓	Side Piercing Kick	Left Leg	Mid	
26	On Landing	↓	Forearm Guarding Block	Left Arm	Mid	L
27	No Step	↓	Palm Pressing Block (Slow)			Low
28	Forward	↓	Forearm Guarding Block	Right Arm	Mid	L
29	No Step	↓	Palm Pressing Block (Slow)			Low
30	Left 90 °	→	Turning Punch (Slow)	Right Arm	Mid	Closed
31	Forward	→	C Shape Block			Fixed
		→	Bring Right Foot to Left Foot			
32	Left 180°	←	C Shape Block			Fixed
		↑	Return To Closed Ready Stance B, Moving Left Leg.			