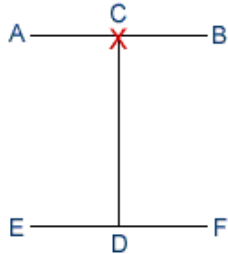


## JOONG-GUN

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 a right palm.

## INTERNATIONAL TAEKWON-DO FEDERATION



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 a right reverse knife-hand.



5. Execute a low side front snap 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 a left palm.

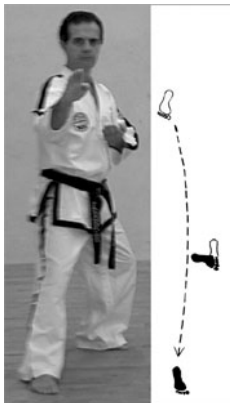


7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

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- 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 while executing a middle guarding block to D with a knife-hand.



- 10.** Execute a left upper elbow strike while 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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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, at the same time forming a right walking stance toward F, slipping the 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.**

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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.

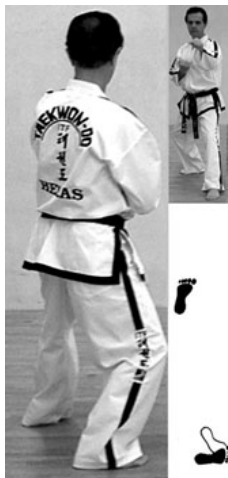
## INTERNATIONAL TAEKWON-DO FEDERATION



- 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 C, slipping the left foot to C.

**Perform in slow motion.**

## INTERNATIONAL TAEKWON-DO FEDERATION

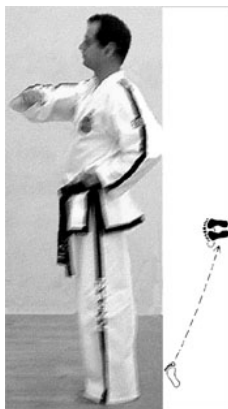


- 28.** Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.



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

**Perform in a slow motion.**



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

**Perform in slow motion.**



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

## INTERNATIONAL TAEKWON-DO FEDERATION



**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 a ready posture.