

# BLUE BELT

STANCES	SOGI	KICKS	CHAGI
REAR FOOT STANCE	DWIT BAL SOGI		
LOW STANCE	NACHUO SOGI		
BLOCKS	MAKGI	PUNCHES	JIRUGI
REVERSE KNIFEHAND BLOCK	DUNG SONKAL MAKGI	TWIN UPSET PUNCH	SANG DWIJIBO JIRUGI
PALM UPWARD BLOCK	SONBADAK OLLYO MAKGI	ANGLE PUNCH	GOIKJA JIRUGI
X-FIST RISING BLOCK	KYOCHA JOOMUK CHOOKYO MAKGI		
PALM PRESSING BLOCK	SONBADAK NOOLO MAKGI		
U-SHAPED BLOCK	DIGUTCH MAKGI		

# BLUE BELT

STRIKES		TAERIGI	
UPPER ELBOW STRIKE		WI PALKUP TAERIGI	
BELT		TI	
RED	Signifies Danger cautioning the student to exercise control and warning the opponent to stay away.		

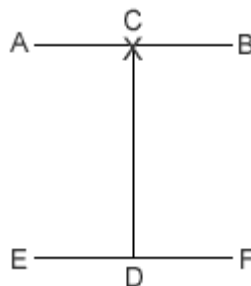
PATTERN		TUL	
MEANING OF PATTERN JOON-GUN JOON-GUN is named after the patriot An Joon Gun who assassinated Hiro-Bumo-Ito, the first Japanese Governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. The 32 movements of the pattern refer to Mr An's age when he was executed in Lui Shung Prison in 1910.			
32 MOVEMENTS			
HAND PARTS		SANG BANSIN	
REVERSE KNIFEHAND		SONKAL DUNG	
ARC HAND		BANDALSON	
FOOT PARTS		HABANSIN	
HEEL BASE		DWIKUMCHI	

# JOONG-GUN

## Movements - 32

### Ready Posture - CLOSED READY STANCE B

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).



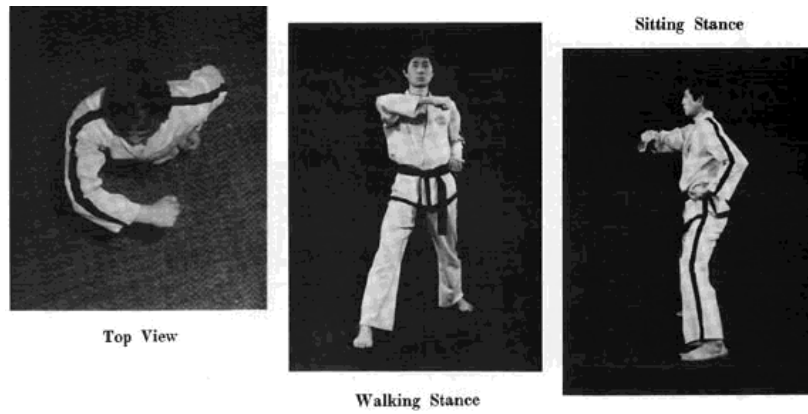
1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
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.
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.
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, 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.
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 C, slipping the left foot to C. Perform in 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 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.
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.**

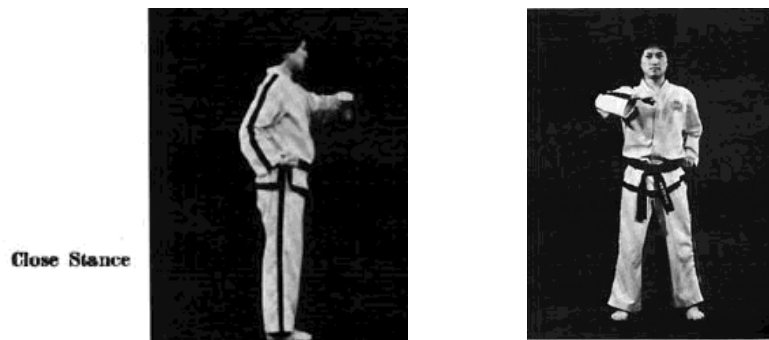
### Angle Punch (Giokja Jirugi)

The fist reaches the opposite side of the chest at the moment of impact.



### Turning Punch (Dollyo Jirugi)

The fist reaches the centre of the attackers body at the moment of impact.  
Targets: - Solar Plexus, Philtrum and Abdomen.



### Crescent Punch (Bandal Jirugi)

The fist reaches the centre of the attackers body in an arc movement.  
The elbow slightly lower than the fist.

