

**Joong Gun**

**Blue Belt**  
**Closed Ready Stance B**

Technique			Stance	Target
1	Left	Ridgehand side block	Back L	Middle
2	Left	Forward leg front kick		Middle
3	Right	Upward palm block	Rear	Middle
4	Right	Ridgehand side block	Back L	Middle
5	Left	Forward leg front kick		Middle
6	Left	Upward palm block	Rear	Middle
7	Left	Double knifehand block	Back L	Middle
8	Right	Reverse upward forearm strike	Front	High
9	Right	Double knifehand block	Back L	Middle
10	Left	Reverse upward forearm strike	Front	High
11	Left	Twin vertical punch	Front	High
12	Right	Twin upset punch <b>(Kihap)</b>	Front	Middle
13	Left	X-block with fists	Front	High
14	Left	Backfist	Back L	High
15	Left	Release	Back L	Middle
16	Right	Reverse punch	Front	High
17	Right	Backfist	Back L	High
18	Right	Release	Same	Middle
19	Left	Reverse punch	Front	High
20	Left	Double inner forearm block	Front	Middle
21	Left	Front punch	Back L	Middle
22	Right	Turning side kick		Middle
23	Right	Double inner forearm block	Front	Middle
24	Right	Front punch	Back L	Middle

Technique			Stance	Target
25	Left	Turning side kick		Middle
26	Left	Double outer forearm block	Back L	Middle
27	Left	Double pressing block	Front	High/low
28	Right	Double outer forearm block	Back L	Middle
29	Right	Double pressing block	Front	High/low
30	Right	Hook punch	Closed	Middle
31	Right	Pole block	Middle L	High/low
32	Left	Pole block <b>(Kihap)</b>	Middle L	High/low
32 moves, Left Foot Returns				

**Joong Gun:** (32 moves) 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 Korean-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910). (Left foot Return)