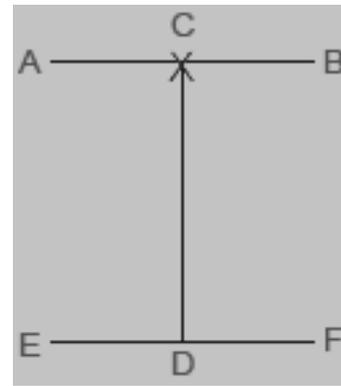


## JOONG GUN

### Movements - 32

#### Ready Posture - CLOSE READY STANCE – B

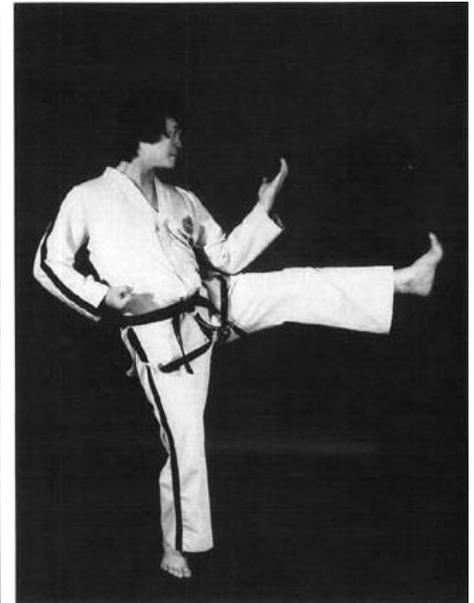
**Interpretation** - *Joong-Gun* is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).



Close ready stance B toward D.



1. Move the left foot to B, forming a right L-stance toward B while executing a middle side block to B with a 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.



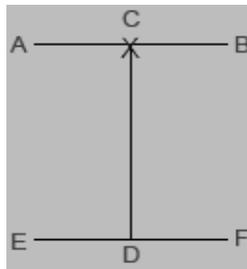
3. Lower the left foot to B and then move the right foot to B, forming a left rear foot stance toward B while executing an upward block with a right palm.



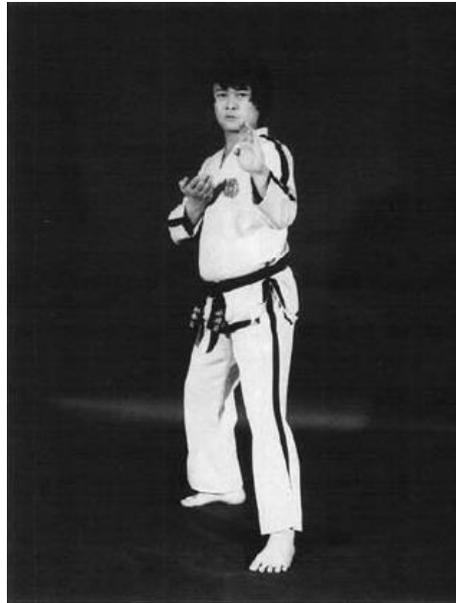
4. Move the right foot to A, forming a left L-stance toward A, at the same time executing a middle side block to A with a right reverse knife-hand.



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 the 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 high strike to D with the right upper elbow while forming a left walking stance toward D, slipping the left foot to D.



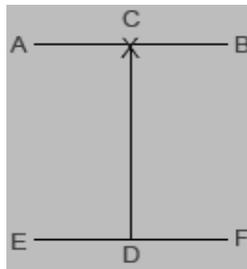
9. Move the right foot to D, forming a left L-stance toward D, at the same time executing a middle guarding block to D with a knife-hand.



10. Execute a high strike to D with the left upper elbow, at the same time forming a right walking stance toward D, slipping the right foot to D.



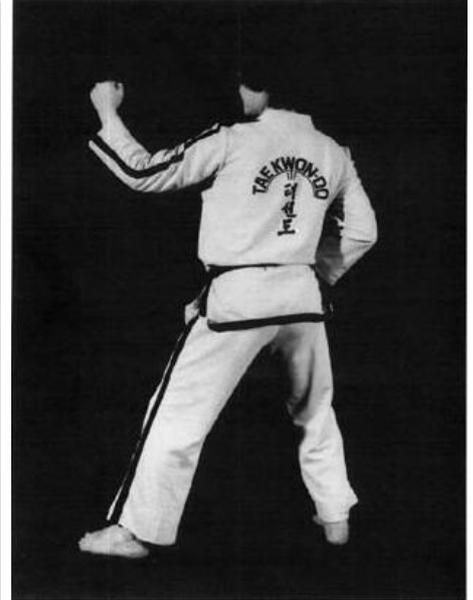
11. Move the left foot to D, forming a left walking stance toward D, while executing a high vertical punch to D with a twin fist.



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.



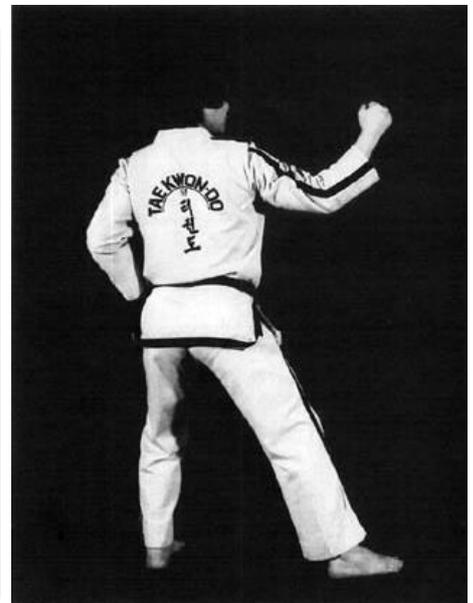
14. Move the left foot to E, forming a right L-stance toward E while executing a high side strike to E with the left back fist.



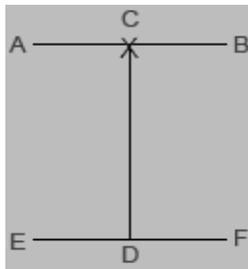
15. Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.



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.



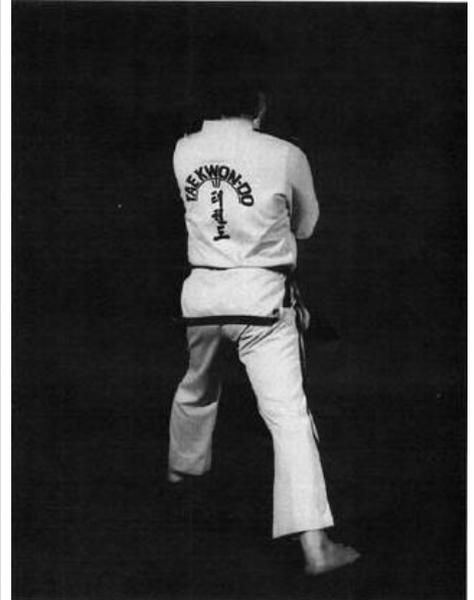
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.



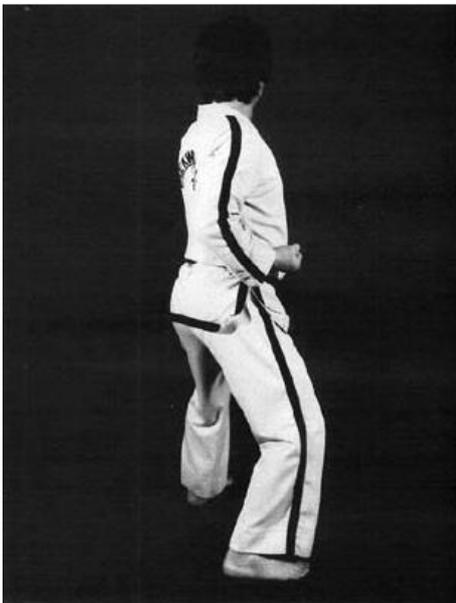
18. Twist the right fist counter-clockwise until the back fist faces downward while forming a right walking stance toward F, slipping the right foot to F.



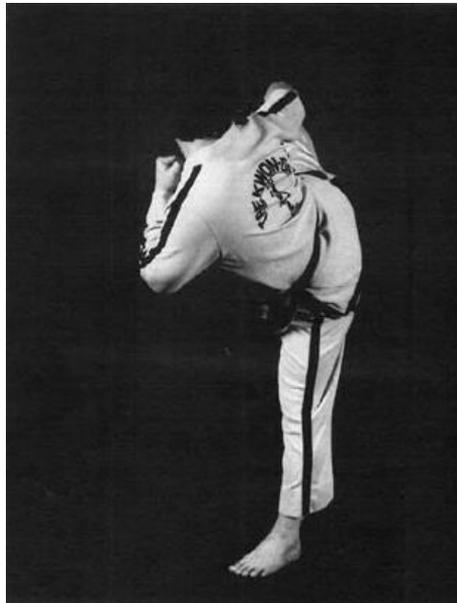
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.



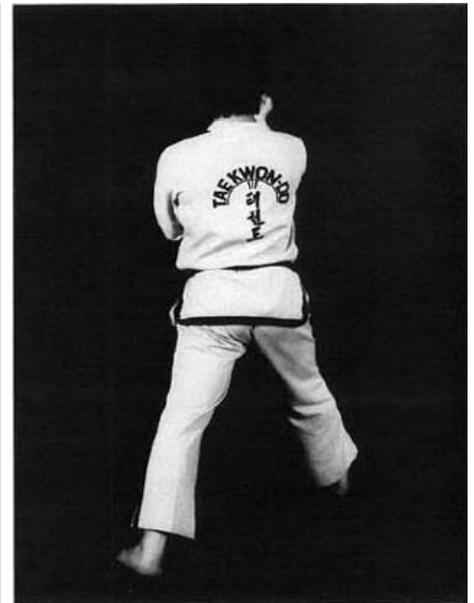
20. Bring the right foot to the left foot and then move the left foot to C, forming a left walking stance toward C while executing a high block to C with a left double forearm.



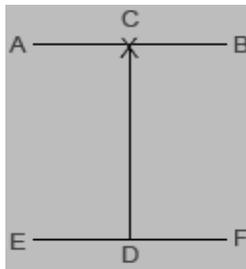
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.



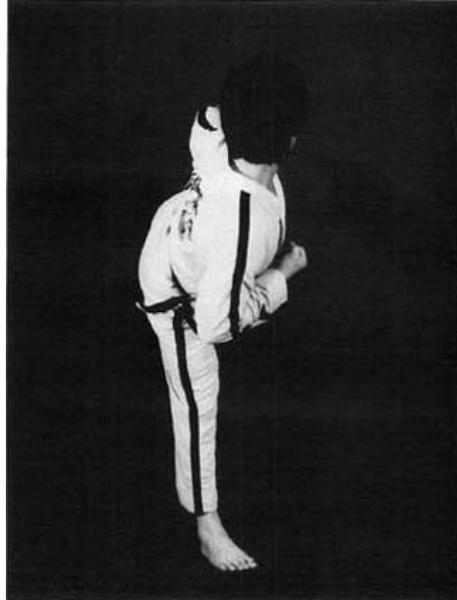
22. Execute a middle side piercing kick to C with the right foot.



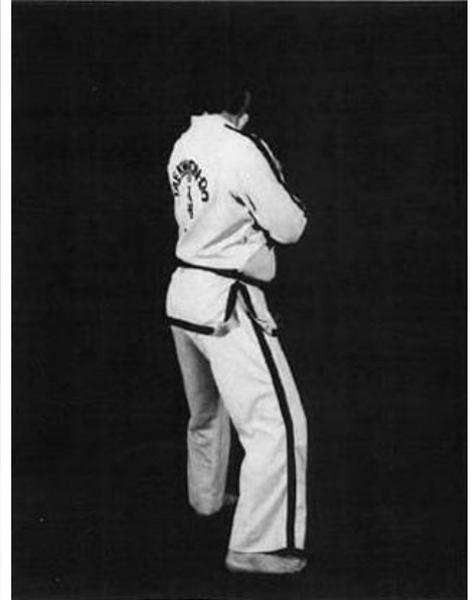
23. Lower the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right double forearm.



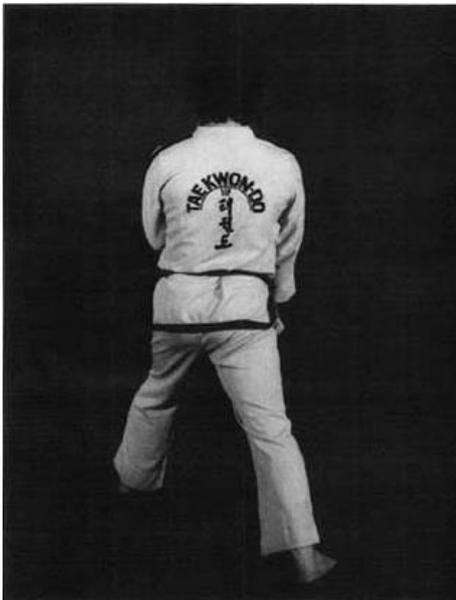
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.



25. Execute a middle side piercing kick to C with the left foot.



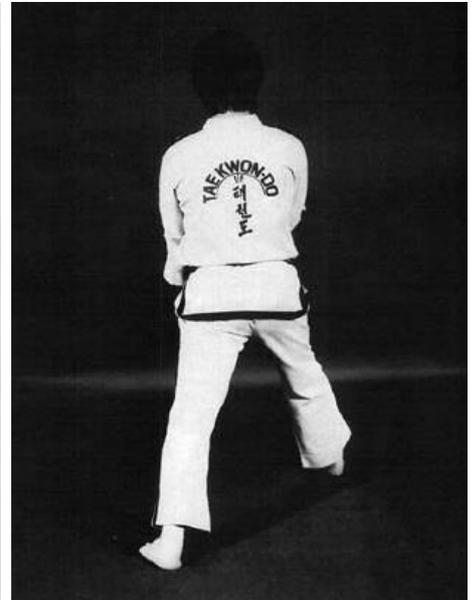
26. Lower the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with the forearm.



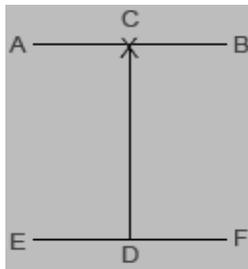
27. Execute a pressing block to C with the right palm while forming a left low stance toward C, slipping the left foot.



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 to C with the left palm while forming a right low stance toward C, slipping the right foot.



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



31. Move the right 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 ready posture.