










## Pattern Joong-Gun

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 at Lui-Shung prison (1910).(32 movements).

Starting position	1.turn left, step left foot out	2.Don't step
ready stance type B	L-stance	left foot
chunbi sogi	L reverse knife hand block	low front snap kick
		
3.Put the left foot down	4.turn 180 degrees	5.don't step
step forwards into rear foot stance	pivot on the left foot:LS	right foot
R palm upward block	R reverse knife hand block	low front snap kick
		

6.Put the right foot down	7.turn 90 degrees	8.step front foot forwards
step forwards into rear foot stance	pivot on the left foot:LS	walking stance
L palm upward block	knife hand guarding block	R upper elbow strike
		
9.Step right foot forwards	10.step front foot forwards	11.Step forwards
L stance	walking stance	walking stance
knife hand guarding block	L upper elbow strike	twin vertical punch (high)
		
12.step forwards	13.step front foot across	14.turn 90 degrees
walking stance	turn 180 degrees:WS	step left foot forwards:LS
twin upset punch	high x-fist cross block	high L backfist strike
		

15.don't step	16.step front foot forwards	17.step left foot to right foot
L stance	walking stance	turn 180 degrees, step R foot forwards:LS
L release from grab	high R reverse punch	high R backfist strike
		
18.don't step	19.step front foot forwards	20.step right foot to left foot
L stance	walking stance	turn 90 degrees, step L foot forwards:WS
R release from grab	high L reverse punch	L double forearm block
		
21.step L foot back into	22.right leg side kick	23.R double forearm block
L stance	middle section	walking stance
left side punch	step down in R walking stance	
		

24.step R foot back into L stance	25.left leg side kick middle section	26.Left forearm guarding block L stance
right side punch	step down in L left stance	
		
27.lift right hand up, left hand down	28.step right foot forwards	29.lift left hand up, right hand down
walking stance	L stance	L stance
pressing block (slow)	forearm guarding block	pressing block (slow)
		
30.step left foot to right foot	31.step right foot forwards	32.Step right foot to left foot
turn 90 degrees:close stance	fixed stance	turn 180 degrees,step left foot forwards
R turning punch	U shaped block	U shaped block:fixed stance
		

Step left foot back

to chunbi position type B

ready stance

