

Kicking combinations:

Various

Pad work:

Flying side kick
Reverse turning kick
Jump turning kick
Jump back kick

X1
X1
X1
X1

Self-defence:

Release + counters from wrist holds/lapel holds/arm holds/strangle holds (single and twin)
Blocking 10 various attacks with sticks (juniors)

Pre-set:

1 step sparring

Freestyle sparring:

Free sparring 1v1
Free sparring 1v2

Destruction:

Reverse knife hand (seniors)
Reverse turning kick

X1
X1

**This is a guide and the order and content can change on the day*.*

Theory-Questions for blue belt students:

What is the pattern name? = **Joong Gun**

How many movements? = **32**

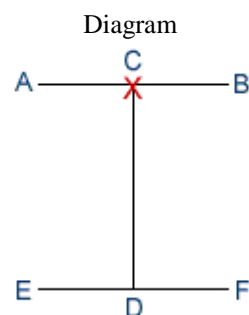
Ready Position? = **Closed Ready Stance 'B'**

What does Joong Gun? **The nickname the patriot An Joong Gun**

What is the diagram? = **Capital i (I)**

What does blue belt mean? = **Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwondo progresses**

Joong Gun is named after **the patriot An Joong Gun** who assassinated Hiro Bumo-Ito, the first Governor-General of Korea, known as the man who played a leading part of the Korea - Japan merger. There are 32 movements in the pattern to represent Mr An's age when he was executed at Lui Shung Prison in 1910.



The illustrations for this pattern assume that the student is standing on line AB facing D.

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.