

**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)