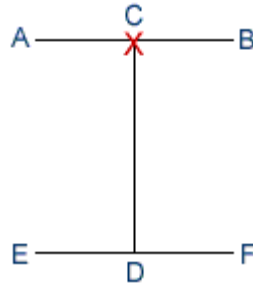


JOONG-GUN is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. The 32 movements in this pattern represent Mr. Ahn's age when he was executed in a Lui-Shung prison in 1910.

Movements - 32**Starting Position - CLOSED READY STANCE B**

The description for this pattern assumes that the student is standing on the X and facing D.

1. Move the left foot to B forming a right L-stance toward B while executing a middle left reverse knife-hand block to B.
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 a right palm upward block.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle right reverse knife-hand block to A.
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 a left palm upward block.
7. Move the left foot to D forming a right L-stance toward D while executing a middle knife-hand guarding block to D.
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 knife-hand guarding block to D.
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 twin vertical punch to D.



12. Move the right foot to D forming a right walking stance toward D while executing a twin upset punch to D.
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing an X-fist rising block.
14. Move the left foot to E forming a right L-stance toward E while executing a high left back fist side strike to E.
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 right fist punch to E while maintaining a left walking stance toward E. **Perform 15 and 16 in 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 right back fist side strike to F.
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 left fist punch to F while maintaining a right walking stance toward F. **Perform 18 and 19 in 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 left double forearm block to C.
21. Execute a middle left fist punch to C while forming a right L-stance toward C, pulling the left foot.
22. Execute a right foot middle side piercing kick to C.
23. Lower the right foot to C forming a right walking stance toward C while executing a high right double forearm block to C.
24. Execute a right fist middle punch to C while forming a left L-stance toward C, pulling the right foot.
25. Execute a left foot middle side piercing kick to C.
26. Lower the left foot to C forming a right L-stance toward C while executing a middle forearm guarding block to C.
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 forearm guarding block to C.
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 a right fist angle punch. **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 CLOSED READY STANCE B