

## JOONG-GUN (Left foot returns, 32 moves)

### BLUE / SENIOR BLUE CLOSED READY STANCE "B"

	SIDE	TECHNIQUE	SIDE	STANCE	TARGET
	1	L	REVERSE KNIFEHAND BLOCK	R	BACK M
	2	L	FORWARD LEG FRONT KICK		M
	3	R	PALM UPWARD BLOCK	R	REAR M
	4	R	REVERSE KNIFEHAND BLOCK	R	BACK M
	5	R	FORWARD LEG FRONT KICK		M
	6	L	PALM UPWARD BLOCK	L	REAR M
	7	L	DOUBLE KNIFE HAND BLOCK	R	BACK H
	8	R	REVERSE VERTICAL ELBOW STRIKE	L	FRONT H
	9	R	DOUBLE KNIFEHAND BLOCK	L	BACK H
	10	L	REVERSE VERTICAL ELBOW STRIKE	R	FRONT H
	11	L	TWIN VERTICAL PUNCH	L	FRONT H
Ki-Hap	12	R	TWIN UPSET PUNCH	R	FRONT L
	13	L	"X" BLOCK	L	FRONT H
	14	L	BACKFIST	R	BACK H
	15	L	GRASP RELEASE		SAME M
	16	R	REVERSE PUNCH	L	FRONT H
	17	R	BACKFIST	L	BACK H
	18	R	GRASP RELEASE		SAME M
	19	L	REVERSE PUNCH	R	FRONT H
	20	L	DOUBLE INNER FOREARM BLOCK	L	FRONT H
	21	L	SIDE PUNCH	R	BACK M
	22	R	TURNING SIDE KICK		M
	23	R	DOUBLE INNER FOREARM BLOCK	R	FRONT H
	24	R	SIDE PUNCH	L	BACK M
	25	L	TURNING SIDE KICK		M
	26	L	DOUBLE OUTER FOREARM BLOCK	L	BACK H
	27	L	DOUBLE PRESSING BLOCK	L	FRONT H/L
	28	R	DOUBLE OUTER FOREARM BLOCK	L	BACK H
	29	R	DOUBLE PRESSING BLOCK	R	FRONT H/L
	30	R	TURNING HOOK PUNCH		CLOSE M
	31	R	POLE BLOCK	R	FIXED H/L
Ki-Hap	32	L	POLE BLOCK	L	FIXED H/L

**FORM MEANING:** Joong-Gun is named after the patriot An 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 moves in this pattern to represent Mr An's age when he was executed at Lui-Shung prison in 1910.