



KINETIC TAE KWON-DO

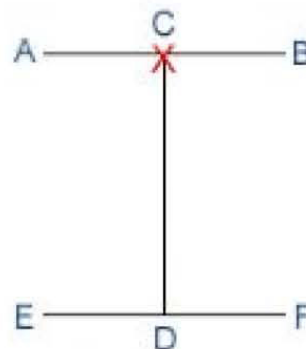
An ITF Martial Arts School

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 in a Lui-Shung prison (1910).

Movements - 32

Ready Posture - CLOSED READY STANCE B



- 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.

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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.

Ki-Hap

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.



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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.