

PRACTICAL

- Pattern - Student's choice*
- Pattern - Examiner's choice*
- Grade pattern*
- 2 step sparring (5-8)*
- 3 step semi free sparring (advanced)*
- Routine pad work*
- Free sparring 2-3 rounds no pads*

THEORY

INTERPRETATION OF PATTERN JOONG GUN (32 MOVEMENTS)

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 of the Korea Japan merger.

There are 32 movements in this pattern to represent Mr An's age when he was executed at Lui-Shung prison in 1910.

ENGLISH INTO KOREAN

STANCES

- | | |
|-----------------------------|-----------------------|
| <i>Close ready stance B</i> | <i>Moa junbi sogi</i> |
| <i>L Stance</i> | <i>Niunja sogi</i> |
| <i>Rear foot stance</i> | <i>Dwit bal sogi</i> |
| <i>Walking stance</i> | <i>Gunnan sogi</i> |
| <i>Low stance</i> | <i>Nachuo sogi</i> |
| <i>Close stance</i> | <i>Moa sogi</i> |
| <i>Fixed stance</i> | <i>Gojung sogi</i> |

BLOCKS

- | | |
|---------------------------------------|---------------------------------|
| <i>Middle reverse knifehand block</i> | <i>Kaunde sonkal dung makgi</i> |
| <i>Upward palmheel block</i> | <i>Ollyo sonbadek makgi</i> |
| <i>Knifehand guarding block</i> | <i>Sonkal daebi makgi</i> |
| <i>X-Fist block</i> | <i>Kyocha joomak makgi</i> |
| <i>High double forearm block</i> | <i>Nopunde doo palmok makgi</i> |
| <i>Pressing block with palm</i> | <i>Noollo sonbadek makgi</i> |
| <i>U-Shape block</i> | <i>Mongdunggi makgi</i> |

ATTACKS

- | | |
|--------------------------------------|--|
| <i>Low front snap kick</i> | <i>Najunde apcha busigi</i> |
| <i>High upper elbow strike</i> | <i>Nopundi wi palkup taerigi</i> |
| <i>High vertical twin fist punch</i> | <i>Nopundi sang joomak sewo jirugi</i> |
| <i>Twin fist upset punch</i> | <i>Sang joomak dwijibo jirugi</i> |
| <i>High side backfist strike</i> | <i>Nopundi yop dung joomak taerigi</i> |
| <i>High forefist punch</i> | <i>Nopundi ap joomak jirugi</i> |
| <i>Middle side piercing kick</i> | <i>Kaunde yop cha chagi</i> |