

ADDITIONAL TECHNIQUES FOR PATTERN JOONG-GUN

Close Ready Stance B (*Moa Junbi Sogi B*)



Front View



Side View



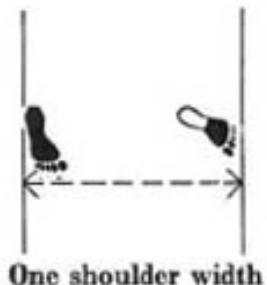
Top View

The fists reach the same level as the navel.

Rear Foot Stance Palm Upward Block
(Dwitbal So Sonbadak Ollyo Makgi)



Side View



One shoulder width

Left rear foot stance



Front View

Right rear foot stance



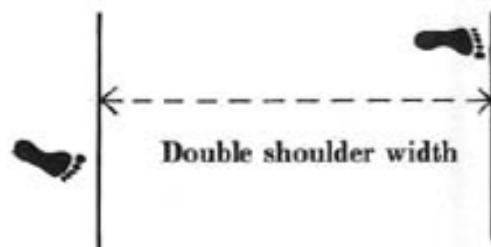
Back View

Low Stance (*Nachuo Sogi*)

Left low stance



Front View



Double shoulder width

Right low stance



Side View



Front View

L-Stance Reverse Knife-hand Outward Block
(Niunja So Sonkal Dung Bakuro Makgi)



Front View



Side View



Back View

Side Front Snap Kick (Yobap Cha Busigi)



Side View



Front View

Rear Foot Stance Palm Upward Block
(Dwitbal So Sonbadak Ollyo Makgi)



Front View



Back View



Side View



Top View

The palm reaches the same level as
the solar plexus of the defender.

Walking Stance Upper Elbow Strike
(Gunnun So Wipalgup Taerigi)

Side View



Front View

Back View



Top View



Walking Stance Twin Fist High Vertical Punch
(Gunnun So Sang Joomuk Sewo Jirugi)



Front View



Side View

Top View



- * 1. The fist reaches the same level as the philtrum of the attacker.
- 2. The elbows form straight lines with the shoulders of the attacker.

Walking Stance Twin Fist Upset Punch
(Gunnun So Sang Joomuk Dwijibo Jirugi)



Side View

The back fist comes to the same level as the elbow joint.

Front View



Top View

Walking Stance X-Fist Rising Block
(Gunnun So Kyocha Joomuk Chukyo Makgi)



Side View

X-fist stays at the center of the defender's forehead.



Front View

L-Stance Back Fist High Side Strike
(Niunja So Dung Joomuk Nopunde Yop Taerigi)

The fist reaches the eye
level of the attacker.



Front View

Side View



L-Stance Reverse Punch (*Niunja So Bandae Jirugi*)



Front View



Side View



Top View

Walking Stance Palm Pressing Block
(Gunnun So Sonbadak Noollo Makgi)

Side View



Front View

Top View



- * 1. The pressing palm reaches the same level as the lower abdomen of the defender.
- 2. The other palm reaches the same level as the solar plexus

Fixed Stance U-Shape Block (*Gojung So Mongdung-i Makgi*)



Front View

Top View



Side View

The arc-hands must form a vertical line with the knee.

Close Stance Angle Punch (*Moa So Kiockja Jirugi*)



Front View

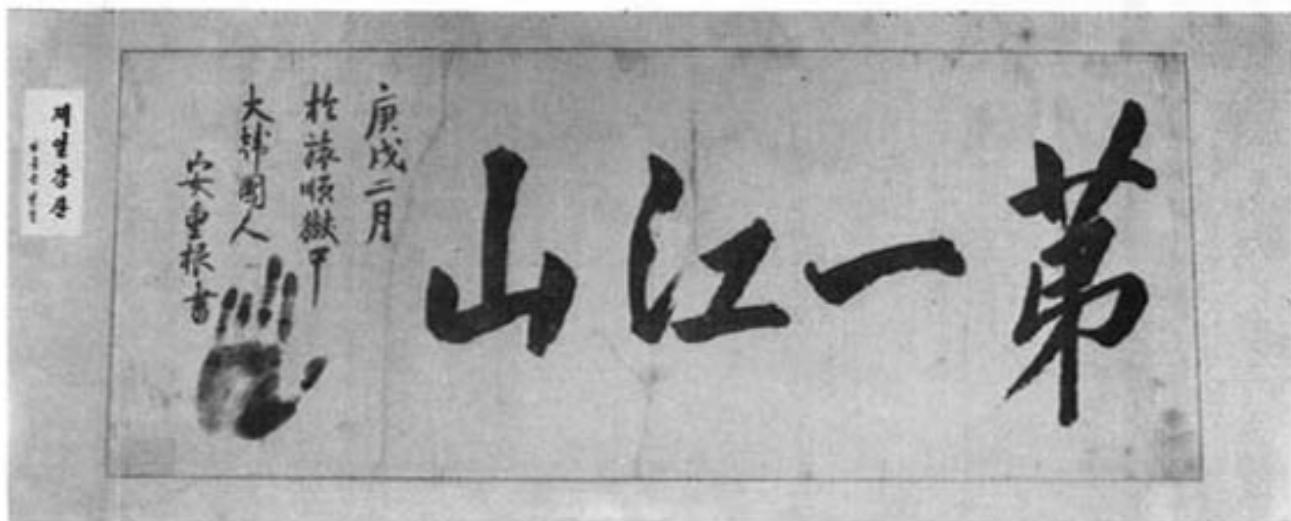


Side View



Top View





Calligraphy of patriot Ahn Joong-Gun written at the cell of Lui-Shung prison prior to his execution in 1910. "The best rivers and mountains" implies that Korea is the most beautiful country in the world.

PATTERN JOONG-GUN

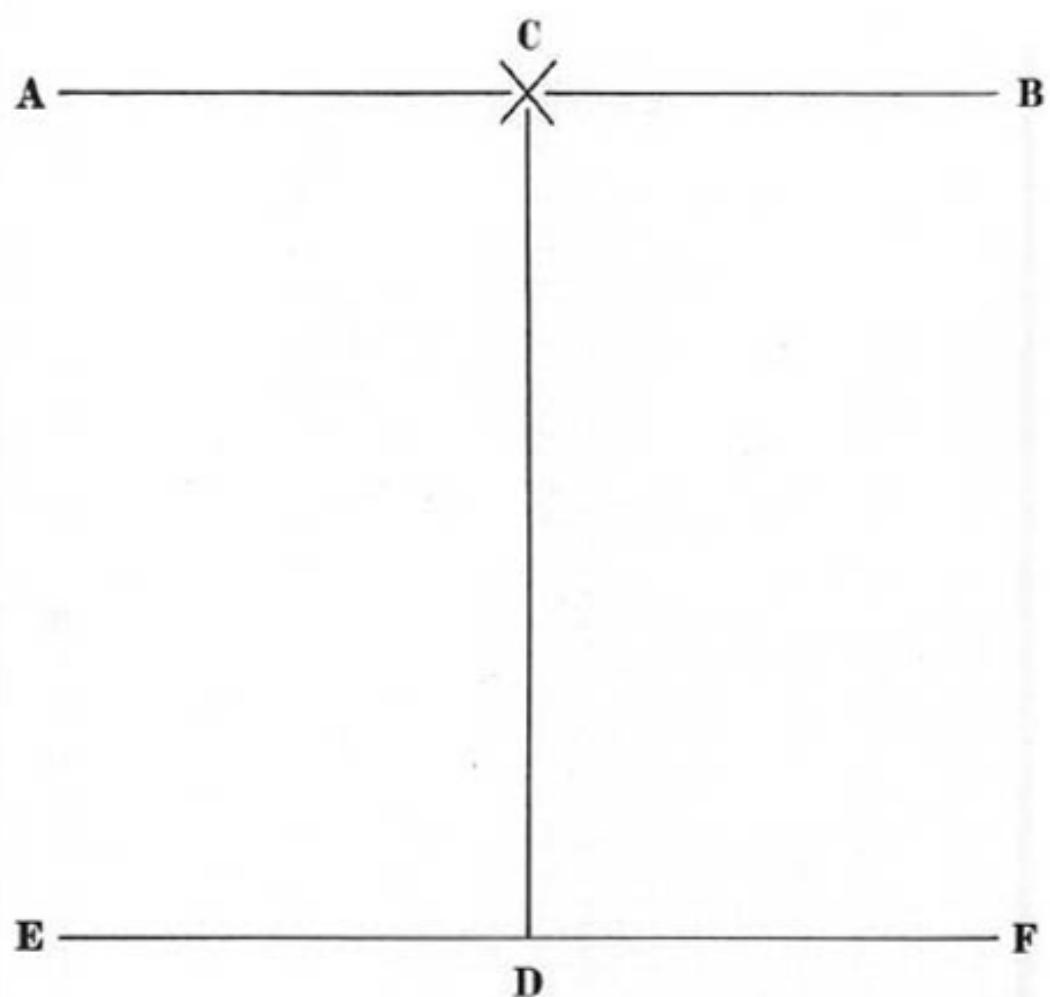
**This pattern is practised by the 4th
grade holder and above.**

DIAGRAM: I

MOVEMENTS: 32

READY POSTURE: CLOSE READY STANCE B.

DIAGRAM (Yon Moo Son)



Ready Posture (*Junbi Jase*)

Close ready stance B toward D.



1. Move the left foot to B, forming a right L-stance toward B while executing a middle side block to B with a left reverse knife-hand.



Right L-stance middle side block with a reverse knife-hand toward B.

Ready Posture

Keep the forearms crossed in front of the chest, placing the blocking one under the other, both palms facing downward.



Application



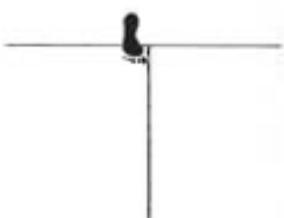
- 2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.**



Previous Posture



Low side front snap kick
to B with the left foot.



Application



- 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.

Left rear foot stance upward block
with a right palm toward B.



Previous Posture

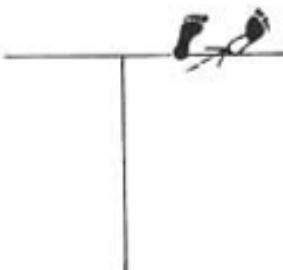


Application



The palm reaches the target in a circular motion.

Front View



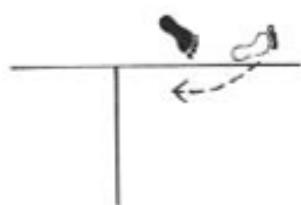
4. Move the right foot to A, forming a left L-stance toward A, at the same time executing a middle side block to A with a right reverse knife-hand.



Left L-stance middle side block with a right reverse knife-hand toward A.



Previous Posture



Application

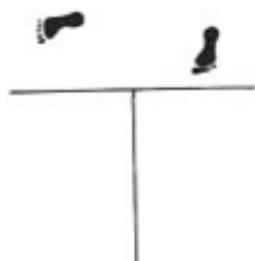
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.



Low side front snap kick to A with the right foot.



Previous Posture



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 the left palm.



Right rear foot stance upward block with the left palm toward A.

Previous Posture

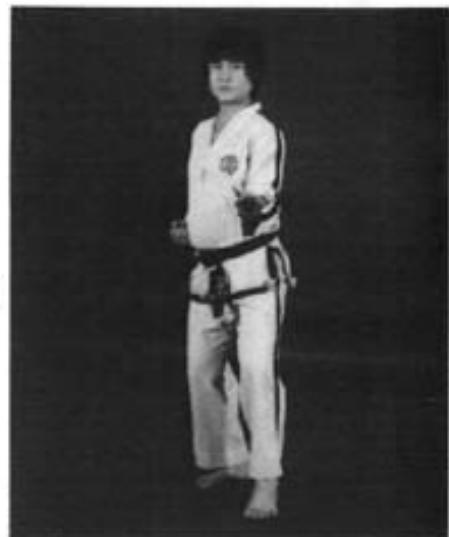


Application

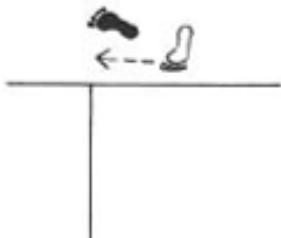
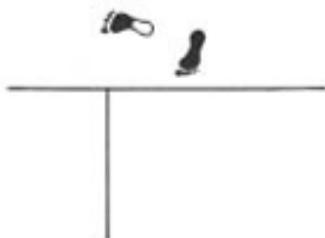


The palm reaches the target in a circular motion.

Front View



Keep the right heel slightly off the ground.



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.



**Right L-stance knife-hand middle
guarding block toward D.**

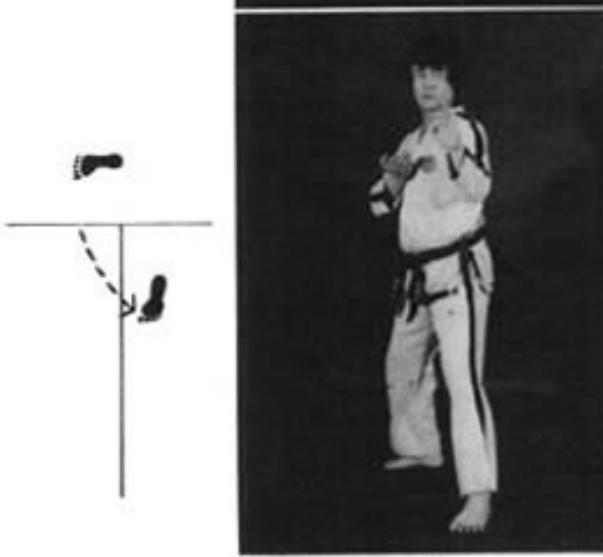
Previous Posture



Application



Side View



8. Execute a high strike to D with the right upper elbow while forming a left walking stance toward D, slipping the left foot to D.



Left walking stance right upper elbow strike toward D.

Previous Posture



Application



Top View



Side View



Keep the body full facing.

9. Move the right foot to D, forming a left L-stance toward D, at the same time executing a middle guarding block to D with a knife-hand.

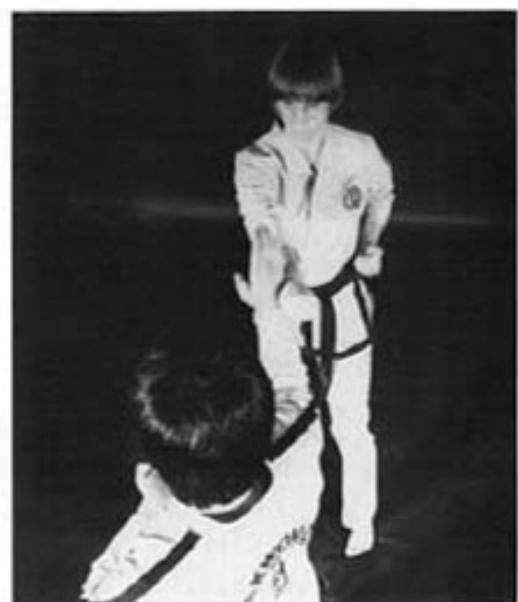


**Left L-stance knife-hand middle
guarding block toward D.**

Previous Posture

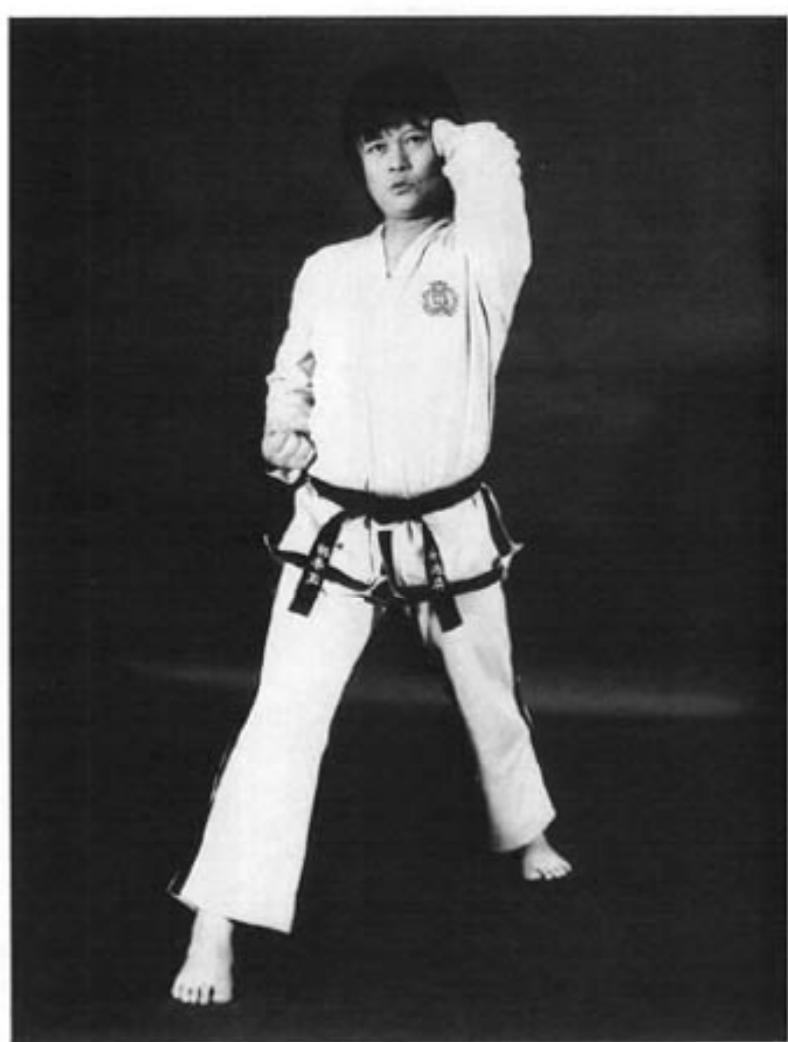


Application



Top View

10. Execute a high strike to D with the left upper elbow, at the same time forming a right walking stance toward D, slipping the right foot to D.



Right walking stance left upper elbow strike toward D.

Previous Posture



Side View



Top View



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.



**Left walking stance high vertical
punch with a twin fist toward D.**



Previous Posture



Application



Side View



Application



Top View



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.



Right walking stance upset punch
with a twin fist toward D.

vious Posture

Application



Top View



Side View





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.

Left walking stance rising block with an X-fist toward C.



Previous Posture



Application



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.



Right L-stance high side strike with the left back fist toward E.

Previous Posture

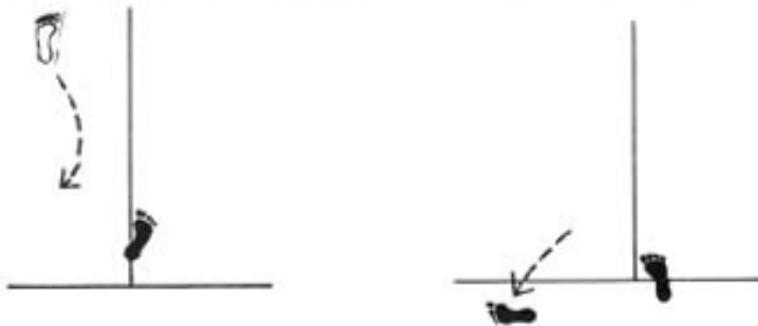


Application

Keep the forearms crossed in front of the chest, placing the left one under the right, with both palms facing downward.



Top View



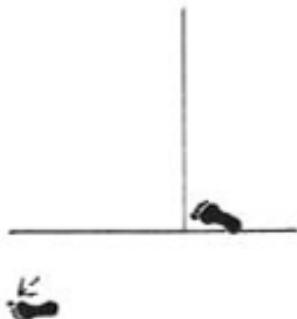
15. Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.



Left walking stance toward E.



Previous Posture



Application of No. 15.

Grabbed by an opponent



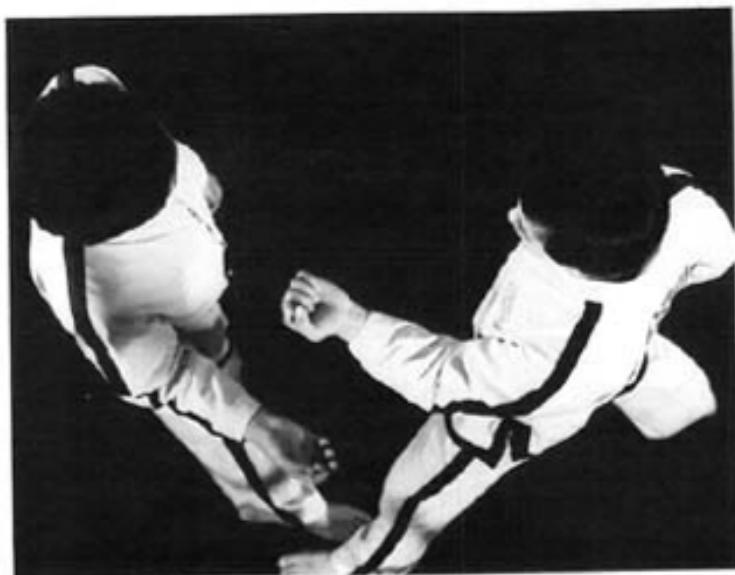
Twisting counter-clockwise



Released



Top View



Keep the body full
facing the opponent.

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.



Left walking stance high punch with the right fist toward E.



Previous Posture

Keep the right heel slightly off the ground.



Application

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.



Left L-stance high side strike with the right back fist toward F.

Previous Posture

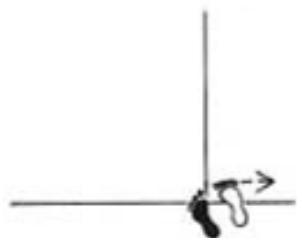
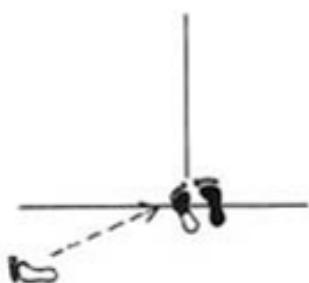


Application

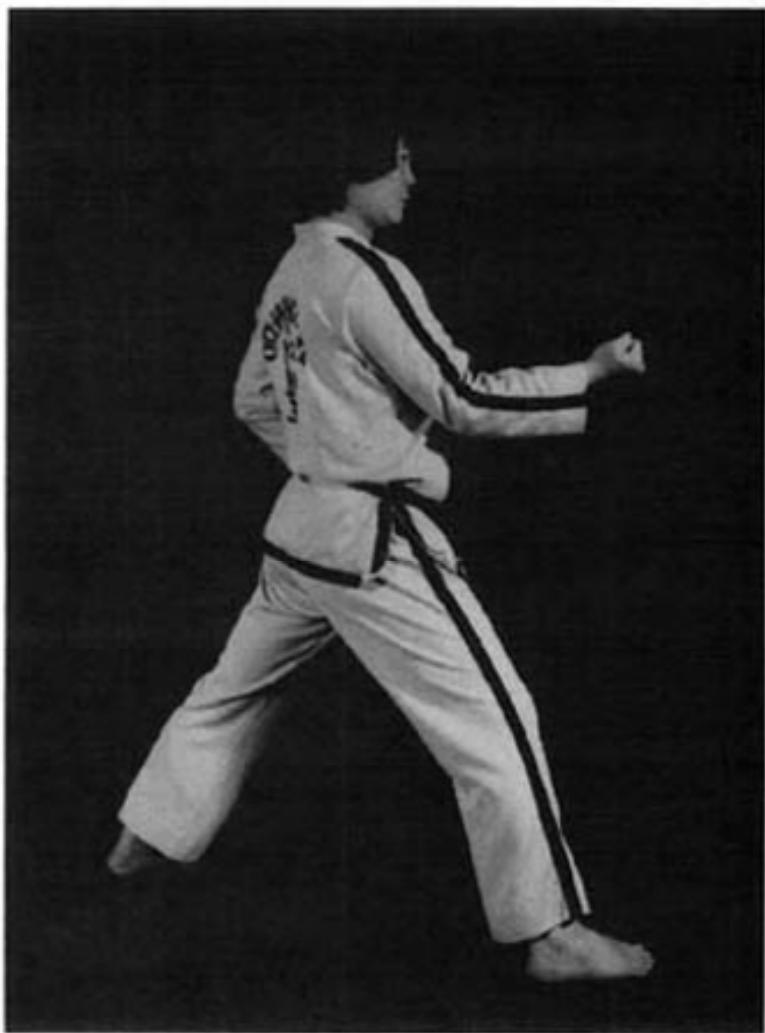


Other View

Keep the left heel slightly off the ground.

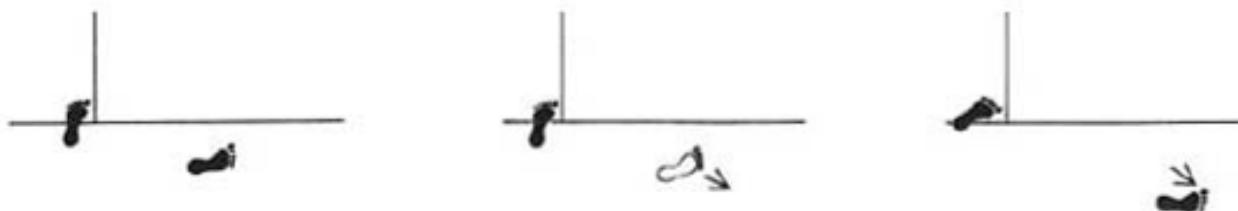


18. Twist the right fist counter-clockwise until the back fist faces downward while forming a right walking stance toward F, slipping the right foot to F.

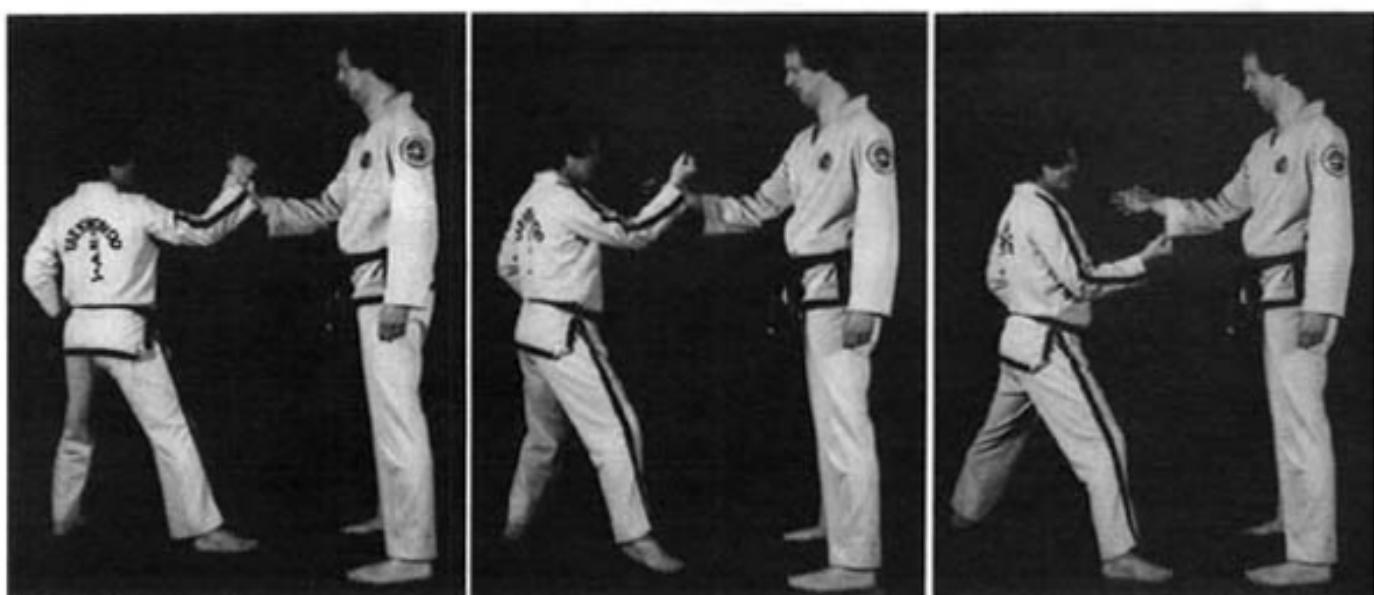


Right walking stance toward F.

Previous Posture



Application



Grabbed by an opponent.

Twisting clockwise

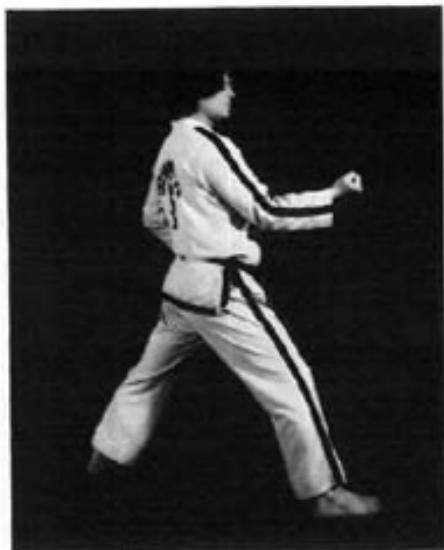
Released

19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F.

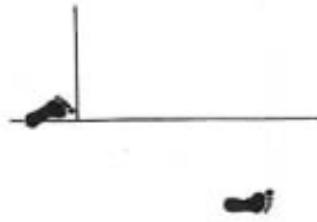
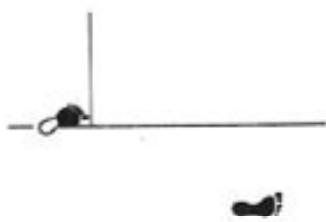


Right walking stance high punch
with the left fist toward F.

Previous Posture



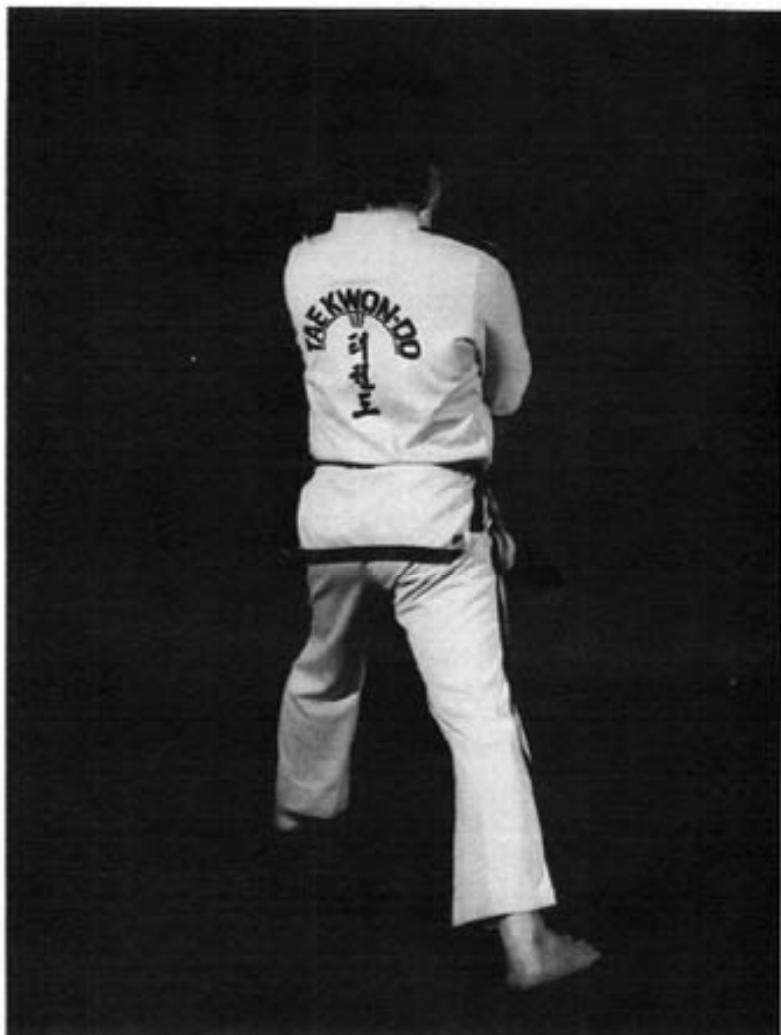
Keep the left heel slightly off the ground.



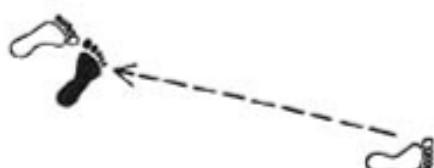
Application



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.



Left walking stance high block with the left double forearm toward C.



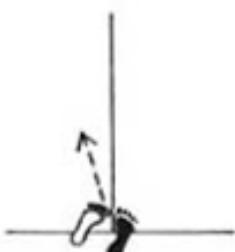
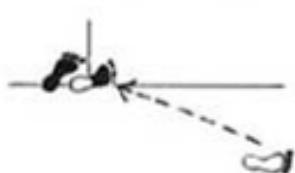
Previous Posture



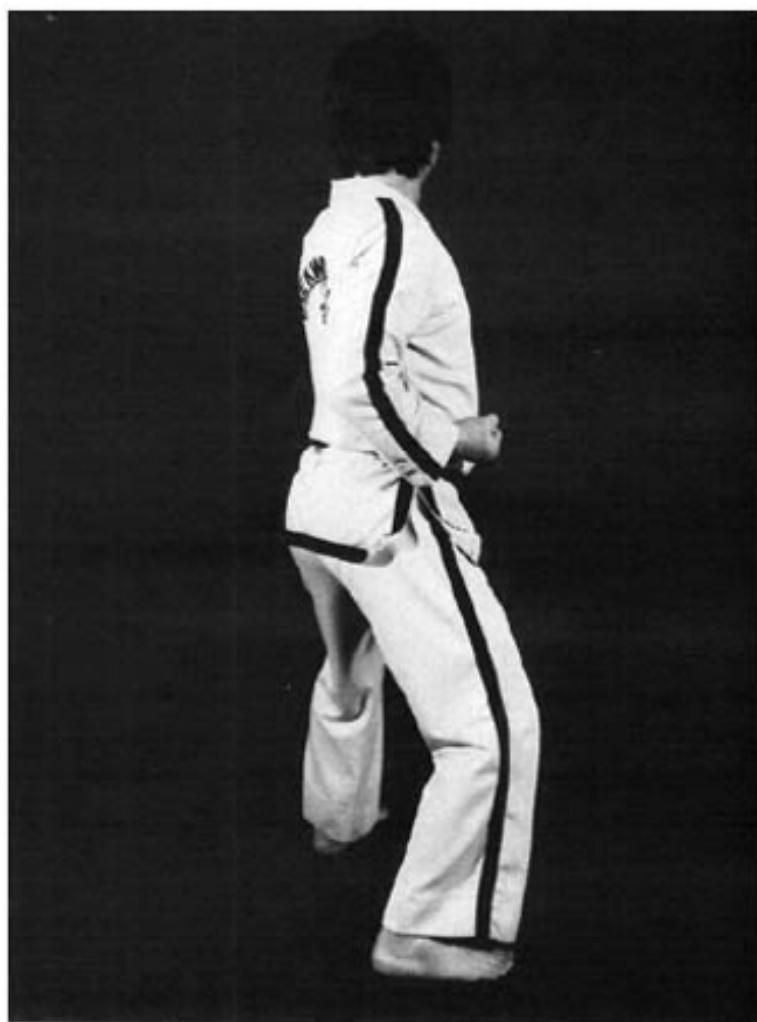
Application



Side View



21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.



Right L-stance middle punch toward C.

Previous Posture



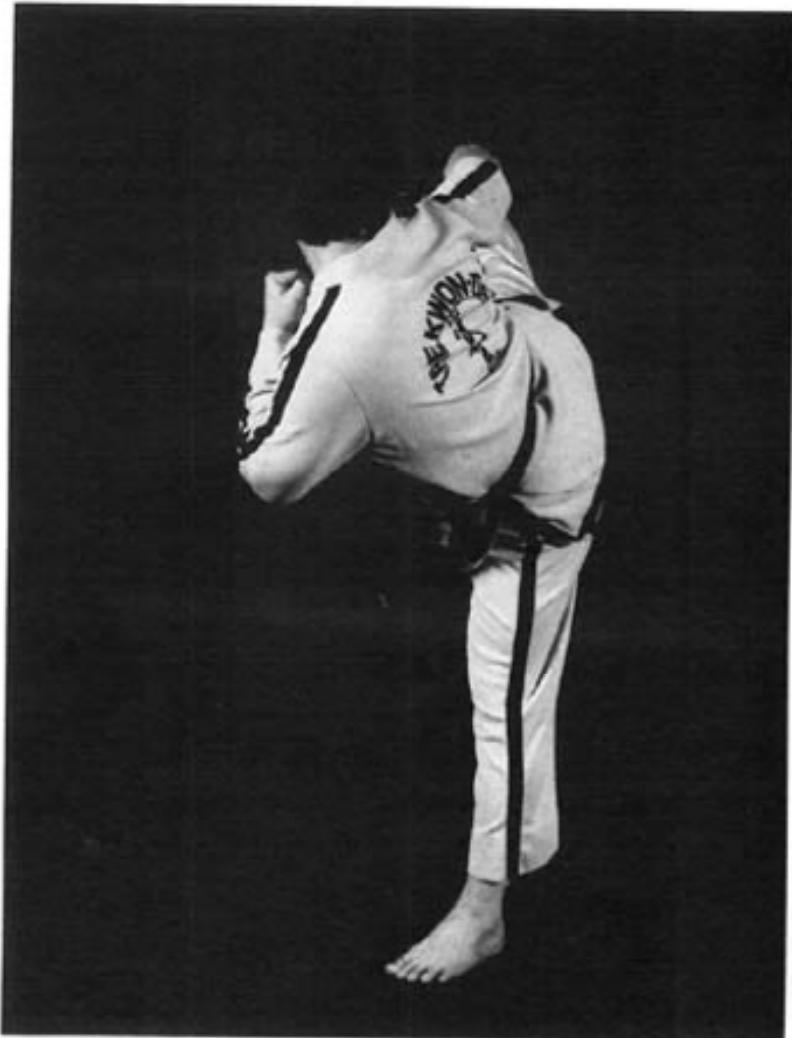
Applications



Top View



22. Execute a middle side piercing kick to C with the right foot.



Previous Posture

Middle side piercing kick to C with the right foot.



Application



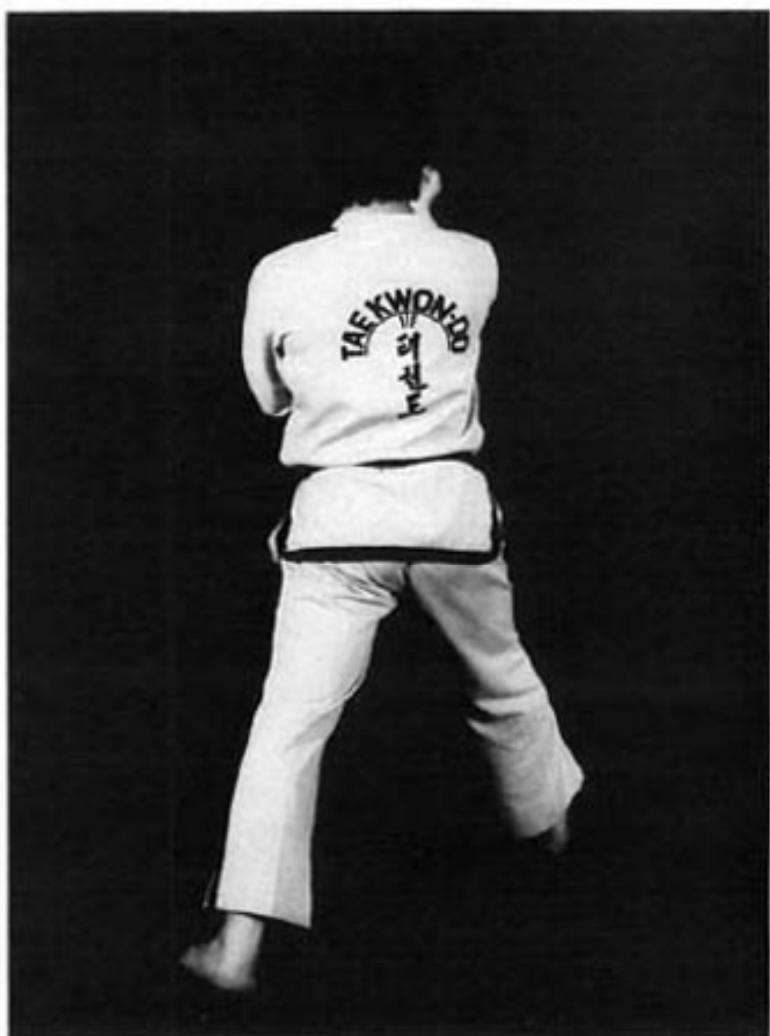
Side View



Side View



23. Lower the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right double forearm.



Right walking stance high side block with the right double forearm toward C.

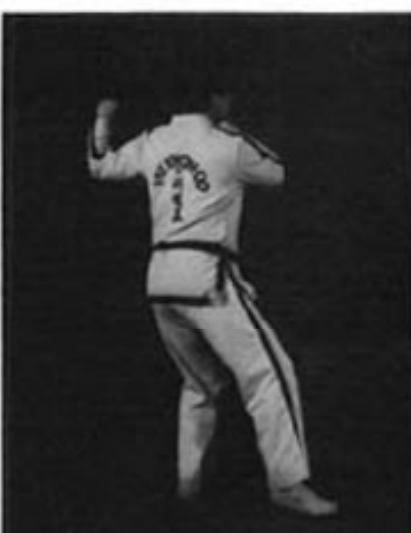
Application

Previous Posture



Side View

Side View



Application



Top View

24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.



Left L-stance middle punch with the right fist toward C.

Previous Posture



Application

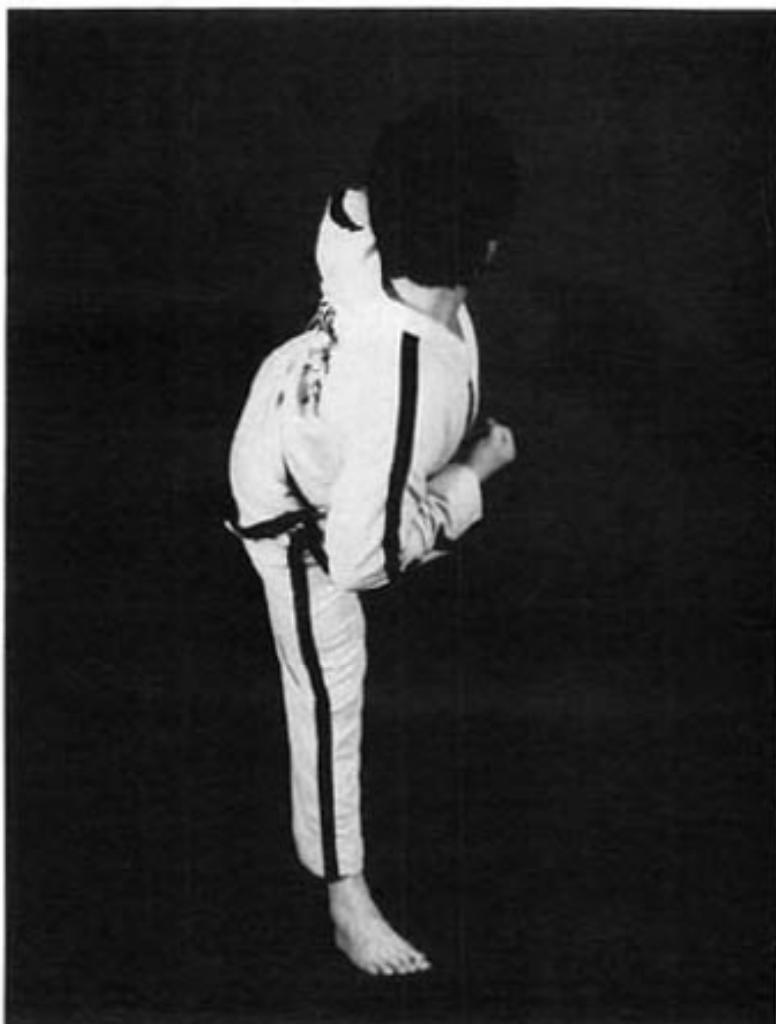


Side View



Previous Posture

25. Execute a middle side piercing kick to C with the left foot.



Middle side piercing kick to C with the left foot.

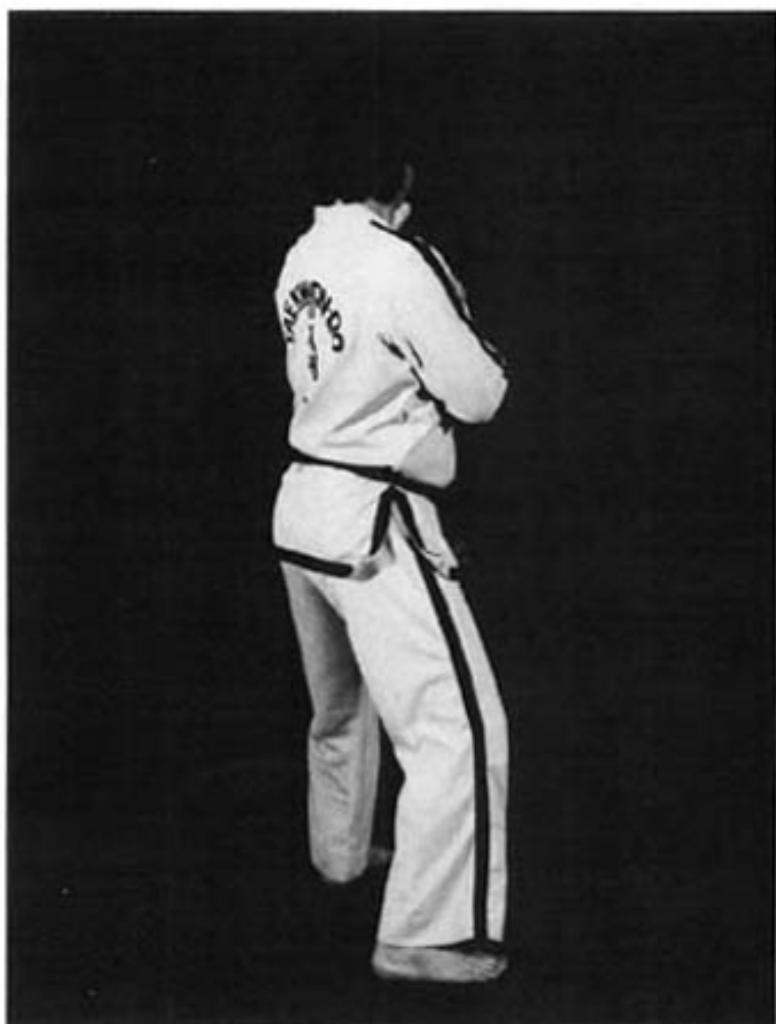




Side View



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.



Right L-stance forearm middle
guarding block toward C.

Application

Previous Posture

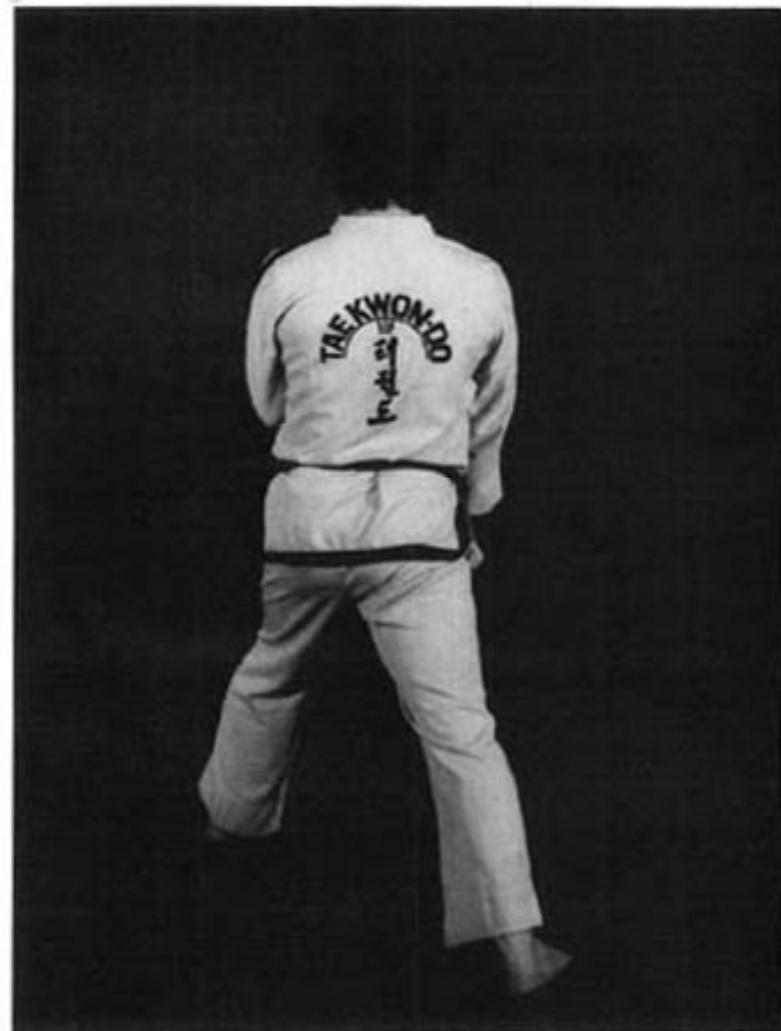


Side View



The forearm becomes
half facing the
opponent.

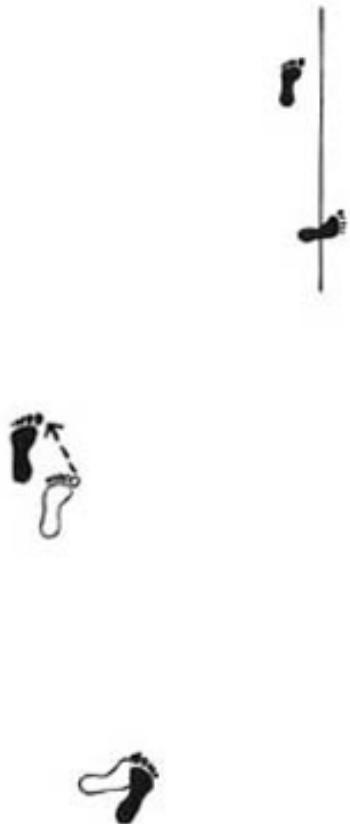
27. Execute a pressing block to C with the right palm while forming a left low stance toward C, slipping the left foot.



Left low stance pressing block with the right palm toward C.



Previous Posture



Side View



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.



**Left L-stance forearm middle
guarding block toward C.**

Previous Posture

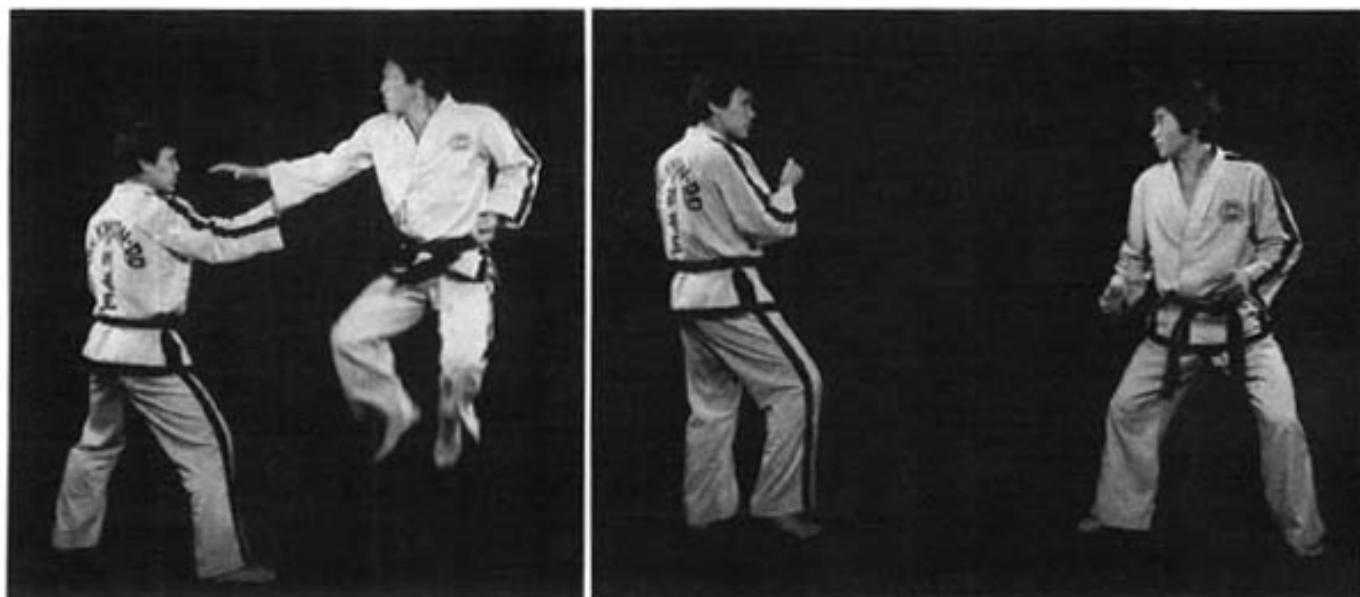


Side View

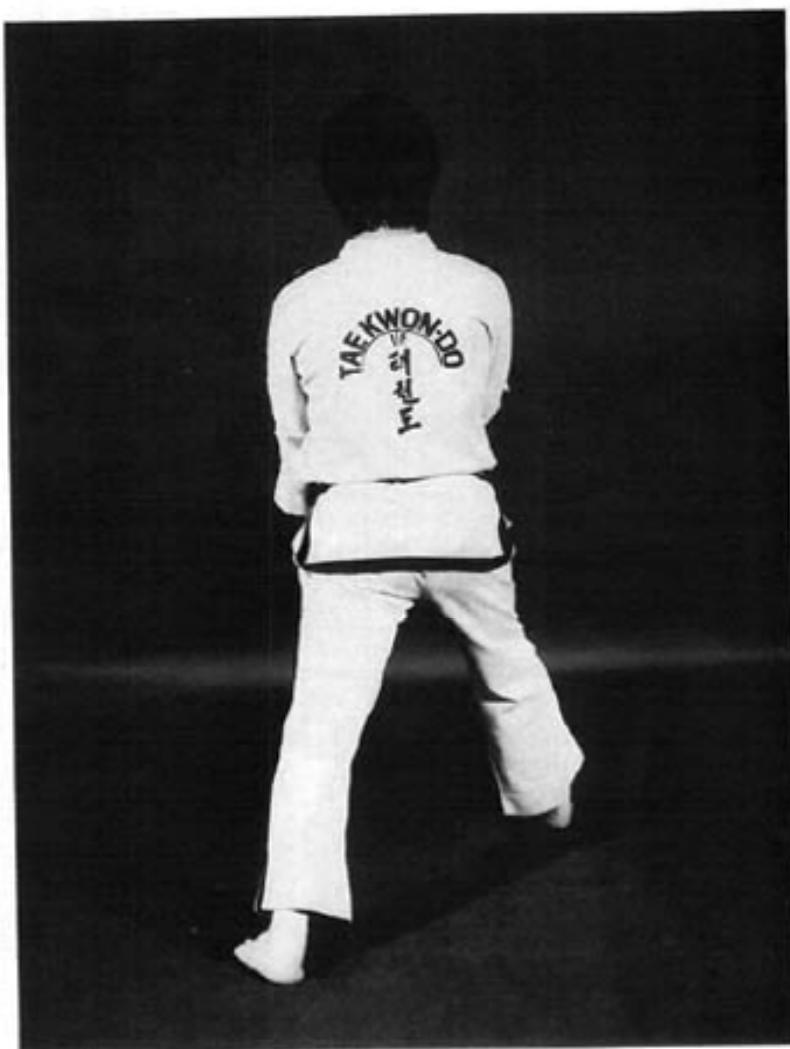




Application of No. 28

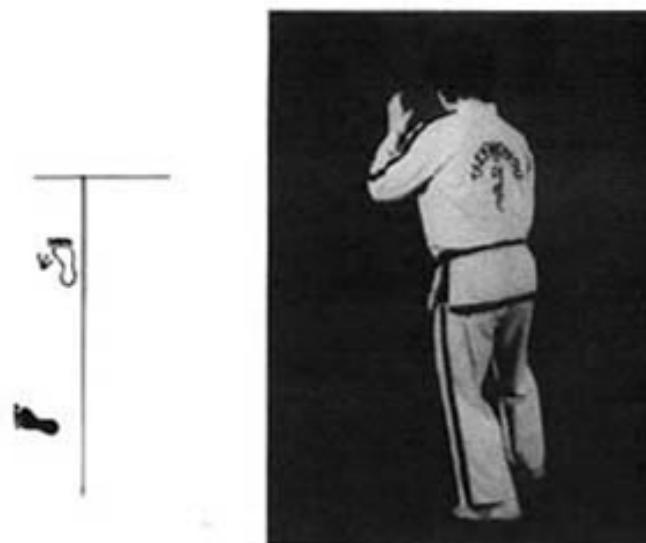


29. Execute a pressing block to C with the left palm while forming a right low stance toward C, slipping the right foot.



Right low stance pressing block
with the left palm toward C.

Previous Posture



Application



Side View

Side View



Application



Top View

30. Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.



Close stance toward A with the right fist angle punch.



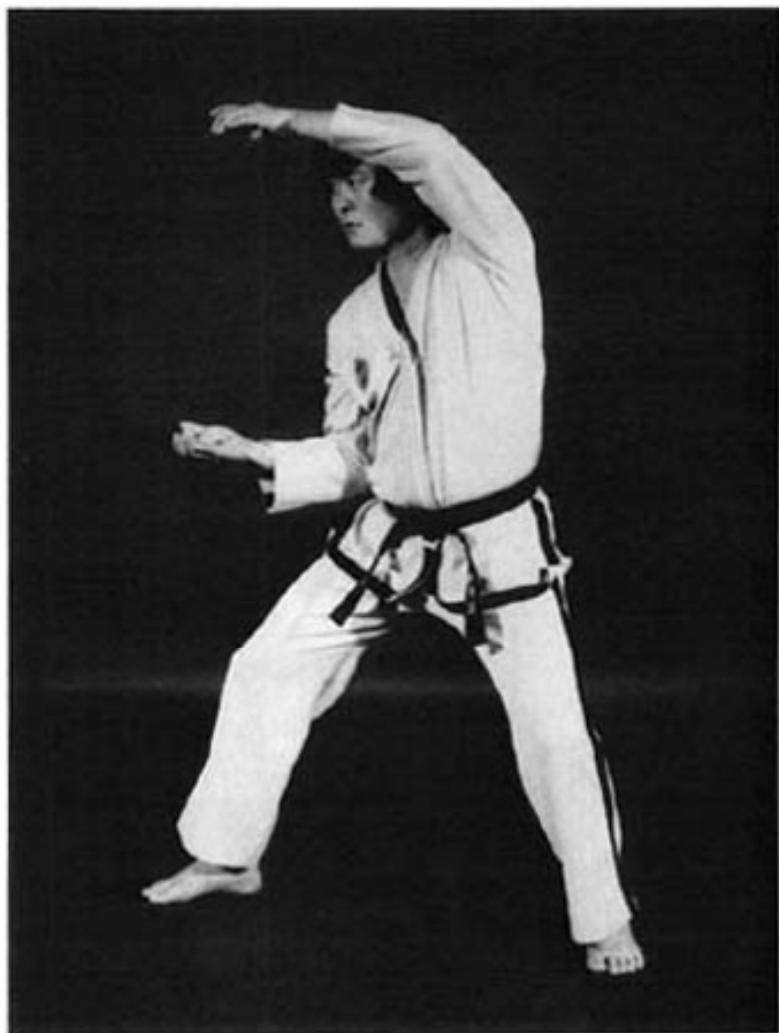
Previous Posture



Top View



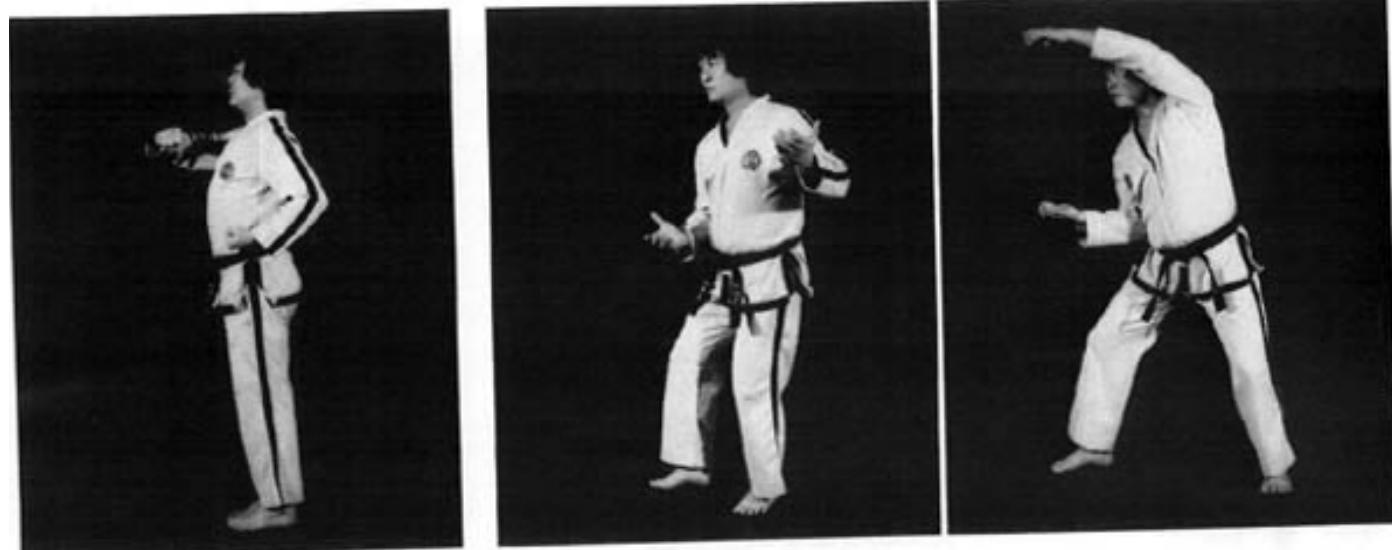
31. Move the right foot to A, forming a right fixed stance toward A while executing a U-shape block to A.



Right fixed stance U-shape block toward A.



Previous Posture



Application



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.



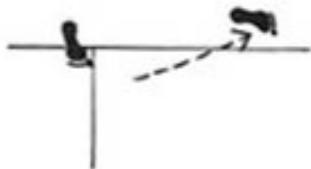
Left fixed stance U-shape block toward B.



Previous Posture



Blocking



Application



Other View

Pushing

Striking

END. Bring the left foot back to a ready posture.



Close ready stance B toward D.





Side View