

Joong-Gun

- Ready posture: Close ready stance B.
1. Right L-stance reverse knife-hand middle block.
 2. Left low side front snap kick, keeping the position of the hands as they were in 1.
 3. Left rear foot stance palm reverse upward block.
 4. Left L-stance reverse knife-hand middle block.
 5. Right low side front snap kick, keeping the position of the hands as they were in 4.
 6. Right rear foot stance palm reverse upward block.
 7. Right L-stance knife-hand middle guarding block.
 8. Left walking stance upper elbow reverse strike.
 9. Left L-stance knife-hand middle guarding block.
 10. Right walking stance upper elbow reverse strike.
 11. Left walking stance twin fist high vertical punch .
 12. Right walking stance twin fist upset punch.
 13. Left walking stance X-fist rising block.
 14. Right L-stance back fist high side strike.
 15. Left walking stance releasing from a grab.
 16. Left walking stance high reverse punch.
Perform 15 and 16 in a fast motion.
 17. Left L- stance back fist high side strike.
 18. Right walking stance releasing from a grab.
 19. Right walking stance high reverse punch.
Perform 18 and 19 in a fast motion.
 20. Left walking stance double forearm high block.
 21. Right L-stance middle side punch.
 22. Right middle side piercing kick.
 23. Right walking stance double forearm high block.
 24. Left L-stance middle side punch.
 25. Left middle side piercing kick.
 26. Right L-stance forearm middle guarding block.
 27. Left low stance palm reverse pressing block.
Perform in a slow motion.
 28. Left L-stance forearm middle guarding block.
 29. Right low stance palm reverse pressing block.
Perform in a slow motion.
 30. Close stance right angle punch. Perform in a slow motion.
 31. Right fixed stance U-shape block.
 32. Left fixed stance U-shape block.
- End: Bring the left foot back to ready posture.

Joong-Gun Tul.

- Junbi jase: Moa junbi sogi B.
1. Orun niunja so sonkal dung kaunde makgi.
 2. Wen najunde yobap cha busigi, [keeping the position of the hands as they were in 1].
 3. Wen dwitbal so sonbadak bandae ollyo makgi.
 4. Wen niunja so sonkal dung kaunde makgi.
 5. Orun najunde yobap cha busigi, [keeping the position of the hands as they were in 4].
 6. Orun dwitbal so sonbadak bandae ollyo makgi.
 7. Orun niunja so sonkal kaunde daebi makgi.
 8. Wen gunnun so wi palkup bandae taerigi.
 9. Wen niunja so sonkal kaunde daebi makgi.
 10. Orun gunnun so wi palkup bandae taerigi.
 11. Wen gunnun so sang joomuk nopunde sewo jirugi.
 12. Orun gunnun so sang joomuk dwijibo jirugi.
 13. Wen gunnun so kyocha joomuk chookyo makgi.
 14. Orun niunja so dung joomuk nopunde yop taerigi.
 15. Wen gunnun so jappyosul tae.
 16. Wen gunnun so nopunde bandae jirugi.
 17. Wen niunja so dung joomuk nopunde yop taerigi.
 18. Orun gunnun so jappyosul tae.
 19. Orun gunnun so nopunde bandae jirugi.
 20. Wen gunnun so doo palmok nopunde makgi.
 21. Orun niunja so kaunde yop jirugi.
 22. Orun kaunde yopcha jirugi.
 23. Orun gunnun so doo palmok nopunde makgi.
 24. Wen niunja so kaunde yop jirugi.
 25. Wen kaunde yopcha jirugi.
 26. Orun niunja so palmok kaunde daebi makgi.
 27. Wen nachuo so sonbadak bandae noollo makgi.
[Perform in a slow motion.]
 28. Wen niunja so palmok kaunde daebi makgi.
 29. Orun nachuo so sonbadak bandae noollo makgi.
[Perform in a slow motion.]
 30. Moa so orun giokja jirugi. [Perform in a slow motion.]
 31. Orun gojung so digutja makgi.
 32. Wen gojung so digutja makgi.