

BLUE HIGH BELT (JOONG-GUN) LINKS...

Techniques – <https://www.youtube.com/watch?v=aOl-8fglPgo>

Pattern with instruction –

<https://www.youtube.com/watch?v=QZHpW8Toaws&list=PLF48C4DF9175DA127>

Pattern Regular Speed –

<https://www.youtube.com/watch?v=JSHV03k5uVw>

Definition - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/6_Joong-Gun%20Saying.mp3?ver=1750877246224