

Joong-Gun

32 Movements

"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 in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. An's age when he was executed at Lui-Shin prison."

Ready Stance B

1. Left Ridgehand Block - Left Cat Stance
2. Left Front Kick
3. Right Palm Heel Upset Strike - Right Back Stance
4. Right Ridgehand Block - Right Cat Stance
5. Right Front Kick
6. Left Palm Heel Upset Strike - Left Back Stance
7. Left Double Knifehand Block - Left Back Stance
8. Right Reverse Upset Elbow Strike High - Left Front Stance
9. Right Double Knifehand Block - Right Back Stance
10. Left Reverse Upset Elbow Strike High - Right Front Stance
11. Twin Punch High - Left Front Stance
12. Twin Upset Punch Middle - Right Front Stance
13. Left X-Block High - Left Front Stance
14. Left Backfist High - Left Back Stance
15. Left Wrist Release - Left Back Stance
16. Right Reverse Punch High - Left Front Stance
17. Right Backfist High - Right Back Stance
18. Right Wrist Release - Right Back Stance
19. Left Reverse Punch High - Right Front Stance
20. Left Double Inner Forearm Block - Left Front Stance
21. Left Punch High - Left Back Stance
22. Right Side Kick
23. Right Double Inner Forearm Block - Right Front Stance
24. Right Punch High - Right Back Stance
25. Left Side Kick
26. Left Double Fist Block - Left Back Stance
27. Left Double Palm Heel Press Block (Medium) - Left Front Stance
28. Right Double Fist Block - Right Back Stance
29. Right Double Palm Heel Press Block (Medium) - Right Front Stance
30. Right Horizontal Punch (Medium) - Closed Stance
31. Right C-Block - Right Back Stance
32. Left C-Block - Left Back Stance