



Deputy Red
(Minimum 35 classes)

Form: **CHUNG-GUN** (32 Moves): Is named after the patriot An Chung-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 (1910). (Left Foot Returns)

Combos:

1. Shuffle Front Punch / Back Punch, Front Ridgehand, Spin Double Sidekick, Jump Back Leg Roundhouse Kick, Front Backfist
2. Foot-To-Foot Roundhouse Kick, Spin Hook Kick, Back Leg Inside Axe Kick, Front Punch, Back Punch
3. Back Leg Double Sidekick, Jump Spin Sidekick, Front Backfist, Back Punch
4. Tornado Crescent, Spin Hook Kick, Back Leg Double Roundhouse Kick, Back Ridgehand

Sparring: Point Sparring

Physical Conditioning: Push-Up Bars
Leg Thrusts

Character & Attitude: Being Humble Strengthens the Spirit.

Breaking: 1. Ridgehand 2. Hook Kick