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4th Kup Theory

Joong-Gun Tul 32 Moves

Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito the 1st Japanese Governor General of Korea. The 32 movements refer to Mr Ahn's age when he was executed in Lui-Shung prison in 1910.

Red Belt Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Block's

X-Fist Rising Block	Kyocha Joomuk Chookyo Makgi
U-Shaped Block	Digutja Makgi
Palm Pressing Block	Sonbadak Noollo Makgi
Reverse Knife Hand Block	Sonkal Dung Makgi

Hand Techniques

Angle Punch	Giokja Jirugi
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Stances

Rear Foot Stance	Dwit Bal Sogi
Low Stance	Nacho Sogi

Additional Techniques

Upper Elbow Strike	Wi Palkup Taerigi
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One Step Sparring

Ilbo Matsoki

