

APPLICABLE TO 4th KUP STUDENTS

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 of the Korea-Japan merger*. There are *32 movements* in this "pattern" represent *Mr. An's age* when he was *executed at Lui-Shung prison (1910)*

TYPES OF APPLICATION:

- Slow Motion - *NEURIN DONG JAK*
- Sliding - *MIKULGI*
- Flying - *TWIMYO*
- Jumping - *TWIGGI*

STANCES:

- Close Ready Stance 'B' - *MOA JUNGBI SOGI 'B'*
- Rear Foot Stance - *DWITBAL SOGI*
- Low Stance - *NACHAU SOGI*

BODY PARTS:

- Reverse Knifehand - *SONKAL DUNG*
- Front Elbow - *AP PALKUP*
- Palm - *SON BADA*
- Arc Hand - *BANDAL SON*

DEFENSIVE TECHNIQUES:

- Reverse Knifehand Middle Block - *SONKAL DUNG KAUNDE MAKGI*
- Palm Upward Block - *SAN BADA OLLYO MAKGI*
- X-Fist Rising Block - *KYOCHA JOOMUK CHOOKYO MAKGI*
- Palm Pressing Block - *SONBADA NOOLLO MAKGI*
- U Shape Block - *DIGUTJA MAKGI*

ATTACKING TECHNIQUES:

Side Front Snap Kick	-	<i>YOP AP CHA BUSIGI</i>
Upper Elbow Strike	-	<i>WI PALKUP TAERIGI</i>
Twin Vertical Punch	-	<i>SANG SEWO JIRUGI</i>
Twin Upset Punch	-	<i>SANG DWIJIBO JIRUGI</i>
Angle Punch (<i>Chest Line</i>)	-	<i>GIOKJA JIRUGI</i>
Turning Punch (<i>Solar Plexus Line</i>)	-	<i>DOLLYO JIRUGI</i>

NOTES:

1. Where applicable, the actual tool used is in brackets.
2. The word "Sogi" is used in the grammatically correct and shortened form "So".

WALKING STANCE (Reverse Knifehand) Middle Block
GUNNUN SO (Sonkal Dung) Kaunde Makgi

Side Front Kick
Yop-Ap Cha Busigi

REAR FOOT STANCE (Palm) Upwad Block
DWITBAL SO (Sanbadak) Ollya Makgi

WALKING STANCE Front (Elbow) Strike
GUNNUN SO Ap (Palkup) Taerigi

WALKING STANCE Twin Vertical Punch
GUNNUN SO Sang Sewo Jirugi

WALKING STANCE Twin Upset Punch
GUNNUN SO Sang Dwijibo Jirugi

WALKING STANCE 'X-Fist' Rising Block
GUNNUN SO Kyocha Joomuk Chookyo Makgi

WALKING STANCE Double Forearm Block
GUNNUN SO Doo Palmok Makgi

LOW STANCE (Palm) Pressing Block
NACHAO SO (Sanbadak) Noollo Makgi

CLOSE STANCE Angle Punch

MOA SOGI Giokja Jirugi

FIXED STANCE 'U' Shape Block

GOJONG SO Digutja Makgi

Arc Hand (Bandal Son) is the blocking tool

NOTES:

1 Step Sparring - *ILBO MATSOGI*

Two Versus One Sparring - *IDIL MATSOGI*

RED Signifies *danger, cautioning the student to exercise control and warning the opponent to stay away.*

Red was one of the colours denoting a level of hierarchy during the Koguryo and Silla Dynasties.