



TAEKWONDO AMERICA

BLUE BELT

BLUE AND SENIOR BLUE BELT

PATTERN

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 (1910).

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 Upper Elbow High | Left Front Stance |
| 9. Right Double Knifehand Block | Right Back Stance |
| 10. Left Reverse Upper Elbow High | Right Front Stance |
| 11. Twin Punch High | Left Front Stance |
| 12. Twin Upset Punch Middle (Ki-Hap) | Right Front Stance |
| 13. Left X-Block High | Left Front Stance |
| 14. Left Backfist | Left Back Stance |
| 15. Left Wrist Release | Left Back Stance |
| 16. Right Reverse Punch High | Left Front Stance |
| 17. Right Backfist | 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

27. Left Double Palm Heel Press Block (Medium)

28. Right Double Fist Block

29. Right Double Palm Heel Press Block (Medium)

30. Right Horizontal Punch (Medium)

31. Right C-Block

32. **Left C-Block (Ki-Hap)**

Left Back Stance

Left Front Stance

Right Back Stance

Right Front Stance

Closed Stance

Right Back Stance

Left Back Stance

