



### Interpretation

Joong-Gun (or Jung-Geun) is named after the patriot Ahn Jung-Geun who assassinated Itō Hirobumi, 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 Ahn's age when he was executed at Lui-Shung Prison in 1910.

### Techniques in Joong-Gun

#### Stances

- Closed Ready Stance 'B' ..... Moa Chunbi Sogi 'B'
- L..... Niunja Sogi
- Rear Foot ..... Dwit Bal Sogi
- Walking..... Gunnan Sogi
- L ..... Nachuo Sogi
- Fixed Stance ..... Gojung Sogi

#### Blocks

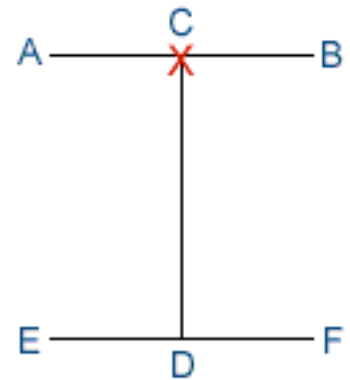
- Reverse Knifehand Block..... Sonkal Dung Makgi
- Palm Upward Block..... Sondabadk Olyo Makgi
- Knifehand Guarding Block ..... Sonkal Daebi Makgi
- X-Fist Rising Block..... Kyocha Joomuk Chookyo Makgi
- Double Forearm Block..... Doo Palmok Makgi
- Palm Pressing Block..... Sonbadak Noolyo Makgi
- U-Shaped Block..... Digutcha Makgi

#### Strikes

- Upper Elbow Strike..... Wi Palkup Taerigi
- Twin Vertical Punch..... Sang Sewo Jirugi
- Twin Upset Punch..... Sang Dwijibo Jirugi
- Back fist (Side) strike ..... Dung Joomuk (Yop) Taerigi
- Reverse Punch ..... Badae Jirugi
- Turning Punch ..... Dollyo Jirugi

#### Kicks

- Front Snap kick ..... Ap Cha Busigi (Ap Chagi)
- Side Piercing Kick ..... Yop Chajirugi (Yop Chagi)



Ahn Jung-Geun



Itō Hirobumi,

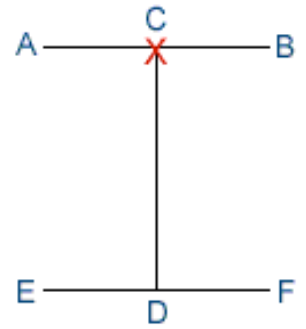


No	Direction	Stance	Technique	Section
	To Begin:	Closed Ready B		
1	Turn West	L (Back)	Reverse Knifehand Block	M
2			Frontkick	L
3	Step West	Rear Foot	Upward Palm Heel Block	M
4	Turn East	L	Reverse Knifehand Block	M
5			Front Kick	L
6	Step East	Rear Foot	Upward Palm Heel Block	M
7	Turn North	L	Knife Hand Guarding Block	M
8		Walking (Front)	Upper Elbow Strike	H
9	Step North	L	Knife Hand Guarding Block	M
10		Walking	Upper Elbow Strike	H
11	Step North	Walking	Twin Vertical Punch	H
12	Step North	Walking	Twin Upset Punch	M
13	Turn South	Walking	'X' Fist Rising Block	H
14	Turn East	L	Back Fist Fast	H
15			Left Fist Releas Fast	
16		Walking	Reverse Punch	H
17	Stepwest	L	Backfist Fast	H
18			Right Fist Release Fast	
19		Walking	Reverse Punch	H
20	Step South	Walking	Double Forearm Block	H
21		L	Side Punch	M
22	Step South		Side Piercing Kick	M
23		Walking	Double Forearm Block	H~
24		L	Sidepunch	M
25	Step South		Side Piercing Kick	M
26		L	Outer Forearm Guarding Block	M
27		L	Pressing Block Slow	L/M
28	Step South	L	Outer Forearm Guarding Block	M
29		L	Pressing Block Slow	L/M
30	Turn East	Closed	Right Fist Turning Punch (Slow)	
31		Fixed	U-Shaped Block	
32	Step West	Fixed	U-Shaped Block	
	To End	Close Ready B	Left Foot Moves	



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Start  
Closed Ready 'B'



01  
LH reverse  
knifehand block



02  
Front foot, L  
front snap kick



03  
Step fwd, rear foot stance  
RH palm upward block



04  
Turn Right, RH reverse  
knifehand block



05  
Front foot, L  
front snap kick



06  
Step fwd, rear foot stance  
LH palm upward block



07 - Turn to Front  
'L' Stance, Knife Hand  
Guarding Block



08 - Shift Front Ft to  
Walking Stance,  
RH Upper Elbow Strike



09 - Step Forward  
'L' Stance, Knife Hand  
Guarding Block



10 - Shift Front Ft to  
Walking Stance,  
LH Upper Elbow Strike

# Joong-Gun 중근



11 - Step Forward  
Walking Stance  
Twin Vertical Punch



12 - Step Forward  
Walking Stance  
Twin Vertical Punch



13 - Spot Turn  
X-Fist Rising Block



14 - Step Left  
'L' Stance  
Back Fist Strike



15 -  
Release from a Grab



16 - Move Front Foot  
Into Walking Stance  
Reverse Punch



17 - Step Up, Step out  
Right  
'L' Stance



18 -  
Release from a Grab



19 - Move Front Foot  
Into Walking Stance  
Reverse Punch

# Joong-Gun 중근



20 RL in, Step out LL  
to rear Left Walking  
Stance



21  
'L' Stance  
LH Side Punch



02  
Front foot, L  
front snap kick



Start  
Closed Ready 'B'



01  
LH reverse  
knifehand block



02  
Front foot, L  
front snap kick



Start  
Closed Ready 'B'



01  
LH reverse  
knifehand block



02  
Front foot, L  
front snap kick



03  
Step fwd, rear foot stance  
RH palm upward block



Start  
Closed Ready 'B'



01  
LH reverse  
knifehand block



02  
Front foot, L  
front snap kick



03  
Step fwd, rear foot stance  
RH palm upward block