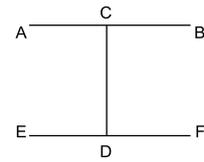


# Joon-Gun Tul



Named after the patriot Ahn Joong-Gun who assassinated Hiro- Bumi Ito, the first Japanese governor-general of Korea, Ito was known as the man who played the leading part in the Japanese conquest of Korea. There are 32 movements in this pattern to represent his age when he was executed at Lui-Shung prison in 1910. The pattern begins in Close Ready Stance 'B'.

1. Move the left foot towards B forming a Right L Stance middle block with the left reverse knife hand
2. Perform a low side front snap kick towards B maintaining the position of the hands
3. Step towards B performing a Left Rear foot stance upwards palm block
4. Turn towards A forming a Left L Stance middle block with the right reverse knife hand
5. Perform a low side front snap kick towards A maintaining the position of the hands
6. Step towards A performing a Right Rear foot stance upwards palm block
7. Move the left foot towards D forming an Right L Stance Knife Hand Guarding Block
8. Slipping the front foot towards D into a left walking stance performing a right upper elbow strike
9. Step towards Forming a Left L Stance Knife Hand Guarding Block
10. Slipping the front foot towards D into a right walking stance perform a left upper elbow strike
11. Step towards D into a left walking stance performing a high vertical punch with a twin fist
12. Step towards D into a right walking stance performing an upset punch with a twin fist
13. Move the right foot on line CD and turn counter-clockwise to form a left walking stance towards C perming a rising block with an X-fist
14. Move the left foot towards E forming a right L Stance towards E whilst performing a high side strike with the left back fist
15. Twist the left fist counter clockwise until the back fist faces downwards. At the same time, slip the front foot into a Left walking stance towards E
16. Perform a high punch towards E with the right fist whilst maintaining a left walking stance towards E. Perform 15 and 16 in Fast Motion.
17. Bring the left foot towards the Right Foot. Move the right foot towards F forming a left L Stance towards F whilst performing a high side strike with the right back fist
18. Twist the right fist counter clockwise until the back fist faces downwards. At the same time, slip the front foot into a Right walking stance towards F
19. Perform a high punch towards F with the left fist whilst maintaining a Right walking stance towards F. Perform 18 and 19 in Fast Motion.
20. Move the right foot to the left. Step towards C with the left foot into a left walking stance performing a high section double forearm block
21. Perform a middle punch towards C with the Left Fist forming a Right L Stance pulling the left foot
22. Perform a middle section right side piercing kick towards C
23. Lower the right foot towards C. Form a Right Walking Stance towards C whilst performing a high section double forearm block
24. Perform a middle punch towards C with the Right Fist forming a Left Stance pulling the Right foot
25. Perform a middle section left side piercing kick towards C
26. Lower the left foot towards C forming a Right L Stance towards C performing a middle forearm guarding block towards C
27. Perform a pressing block with the right palm in a left low stance slipping the left foot. Perform in a Slow Motion.
28. Move the right foot towards C forming a Left L Stance towards C performing a middle forearm guarding block towards C
29. Perform a pressing block with the left palm in a right low stance slipping the right foot. Perform in a Slow Motion.
30. Move the left foot to the right foot forming a close stance towards A performing an angle punch with the right fist. Perform in a Slow Motion.
31. Step towards A with the right foot performing a Right Fixed Stance U-Shape Block
32. Move the right foot to the left foot and step towards B performing a Left Fixed Stance U-Shape Block. Shout "Joon Gun" after the breath.