



4th Kup



Pattern: Joong-Gun 32 Moves (outlined in full on the last page)

Joong-Gun is named after the patriot An Joong Gun, who assassinated Hiro Bumo Ito, the first Japanese governor general of Korea; known as the man who played the leading part in the Japan /Korea merger. The 32 movements refer to Mr. Ahn's age when he was executed at Lui Shung prison in 1910.

Top Tips for performing Joong-Gun

- Joong-Gun introduces the student to the skill of changing stances while moving hand techniques
- Moves 15/18 (release from grab) Pull downwards to the outside with a twist. In a self-defence situation this simulates pulling your attacker towards you and off-balance so that the reverse punch is more effective.
- Moves 21/24 (side-punch) this is performed in the shorter L-stance. Performing this correctly will help you get back to your mark without overshooting (a common problem when first learning this pattern)
- Moves 27/29 (pressing blocks - noolo makgi) are performed slowly. This is to develop strength in your muscles and improve balance.

Aim to get to the next level

Tick when competent

For more details please ask your instructor



Technique to work on	Goal	
Angle Punch	Good technique to use when the attacker is at 90° to you	<input type="checkbox"/>
X-Fist Rising Block	Strong technique for controlling a downwards attack.	<input type="checkbox"/>
Axe (downward) Kick	Shoulder height with proper foot shape (both legs)	<input type="checkbox"/>
Physical		
Strength and Aerobics	Continue with overall aerobic fitness and strength exercises	<input type="checkbox"/>
Destruction	Be able to foot break a 2cm board with a step through side kick	<input type="checkbox"/>
Sparring	Be able to continuously spar for 2 minutes	<input type="checkbox"/>

Self Defence

As previous levels, but increase the accuracy and intensity as you progress



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1 Step Sparring (Ilbo Matsoki)

Please see our separate section on 1 step sparring for more information

Examples

	Attack (Parallel Ready Stance) right foot to the right	Defence (Parallel Ready Stance) left foot to the left
Block Counters		
1	Walking Stance, Middle Punch	Walking Stance, Middle Inward Block
		Walking Stance, Upset Punch
	Walking Stance, Middle Punch	Walking Stance, Hooking Block
		Walking Stance, Middle Reverse Punch

Grading Theory to Revise

The meaning of "Assassin".	<input type="checkbox"/>
Blue Belt + 3 Months is the halfway point between white and black belt	<input type="checkbox"/>
How we use slow techniques in patterns to build strength in our muscles and improve balance	<input type="checkbox"/>
Remember the Korean terminology for the following	
1 Step Sparring: Ilbo Matsoki	<input type="checkbox"/>
Pressing technique: Noolo	<input type="checkbox"/>



4th Kup



중군

Pattern: JOONG-GUN Moves: 32 Ready Position: Moa Sogi B				
			Technique	
Step	Move	Stance	English	Korean
1	to left	right Niunja	Mid section reverse knifehand block	Kaunde Sonkal Dung Makgi
2			Low section front snap kick	Najunde Ap Cha Busigi
3	forward	left Dwit Bal	Mid section upward palm block	Kaunde Ollyo Sonbadak Makgi
4	Dwiyo Torro	left Niunja	Mid section reverse knifehand block	Kaunde Sonkal Dung Makgi
5			Low section front snap kick	Najunde Ap Cha Busigi
6	forward	right Dwit Bal	Mid section upward palm block	Kaunde Ollyo Sonbadak Makgi
7	left 90	right Niunja	Mid sect knifehand guarding block	Kaunde Sonkal Daebi Makgi
8	slip front ft	left Gunnun	Upper elbow strike	Wi Palkup Taerigi
9	forward	left Niunja	Mid sect knifehand guarding block	Kaunde Sonkal Daebi Makgi
10	slip front ft	right Gunnun	Upper elbow strike	Wi Palkup Taerigi
11	forward	left Gunnun	High section twin vertical punch	Nopunde Sang Sewo Jirugi
12	forward	right Gunnun	Twin upset punch	Sang Dwijibo Jirugi
13	Dwiyo Torro	left Gunnun	Rising X fist block	Chookyo Kyocha Makgi
14	left 90	right Niunja	High section back fist strike	Nopunde Dung Joomuk Taerigi
15	slip front ft	left Gunnun	Release	
16			High section reverse punch	Nopunde Bandae Jirugi
17	left ft to rt	left Niunja	High section back fist strike	Nopunde Dung Joomuk Taerigi
18	slip front ft	right Gunnun	Release	
19			High section reverse punch	Nopunde Bandae Jirugi
20	right ft to lt	left Gunnun	High section double forearm block	Nopunde Doo Palmok Makgi
21	pull left foot	right Niunja	Middle section side punch	Kaunde Yop Jirugi
22	forward		Middle section side piercing kick	Kaunde Yop Cha Jirugi
23	land in	right Gunnun	High section double forearm block	Nopunde Doo Palmok Makgi
24	pull right foot	left Niunja	Middle section side punch	Kaunde Yop Jirugi
25	forward		Middle section side piercing kick	Kaunde Yop Cha Jirugi
26	land in	right Niunja	Mid section forearm guarding block	Kaunde Palmok Daebi Makgi
27	slip left foot	left Nachuo	Twin palm pressing block	Sang Sonbadak Noollo Makgi
28	forward	left Niunja	Mid section forearm guarding block	Kaunde Palmok Daebi Makgi
29	slip front ft	right Nachuo	Twin palm pressing block	Sang Sonbadak Noollo Makgi
30	lt to rt turn 90	Moa	Middle section angle punch (slow)	Kaunde Giokja Jirugi
31	rt forward	right Gojung	U shape block	Diguta Makgi
32	rt to lt turn 180	left Gojung	U shape block	Diguta Makgi
End	Bring left foot back to Moa Chunbi Sogi B			