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  
2. Left Front Kick  
3. Right Palm Heel Upset Strike  
4. Right Ridgehand Block  
5. Right Front Kick  
6. Left Palm Heel Upset Strike  
7. Left Double Knifehand Block  
8. Right Reverse Upper Elbow High  
9. Right Double Knifehand Block  
10. Left Reverse Upper Elbow High  
11. Twin Punch High  
12. **Twin Upset Punch Middle (Ki-Hap)**  
13. Left X-Block High  
14. Left Backfist  
15. Left Wrist Release  
16. Right Reverse Punch High  
17. Right Backfist  
18. Right Wrist Release  
19. Left Reverse Punch High  
20. Left Double Inner Forearm Block  
21. Left Punch High  
22. Right Side Kick  
23. Right Double Inner Forearm Block

Left Cat Stance  
Right Back Stance  
Right Back Stance  
Left Back Stance  
Left Front Stance  
Right Back Stance  
Left Front Stance  
Left Front Stance  
Left Front Stance  
Left Front Stance  
Right Back Stance  
Right Back Stance  
Right Front Stance  
Left Front Stance  
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Right Front Stance  
Right Front Stance  
Right Front Stance  
Left Front Stance  
Left Back Stance  
Right Front Stance
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