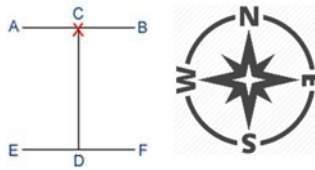
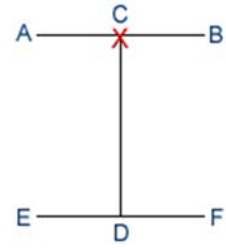


Joong-Geun



JOONG-GEUN is named after the patriot Ahn Joong-Geun 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. Ahn's age when he was executed in a Lui-Shung prison, in 1910.



Ready Stance: **Closed Ready Stance B**, facing South (D)

- For Closed Ready Stance B the left hand is wrapped around the right fist and distance between the fists and the navel is about 15 centimeters. The feet are placed next to each other.

1. From **Closed Ready Stance B**, move the left foot to B forming a half facing **Right L-Stance** toward B while executing a **Reverse Knife-hand Middle Block** with your Left hand.

Note: With Reverse Knife-hand, the palm ends facing upward, the thumb is tucked, and the striking tool is the side of the hand with the thumb.

2. Bring your left foot back halfway and then execute a half facing **Low Front Snap Kick** to B with the front (left) foot, keeping the position of the hands as they were in the previous block position.

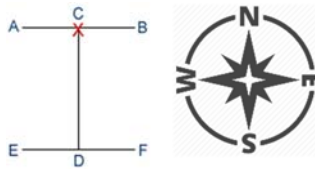
- From the encyclopedia, p.252: "Low Kick (Najunde Chagi) When the attacking tool reaches the same level of the umbilicus of the attacker at the moment of impact, it is called a low attack." "Umbilicus" is another name for navel or "belly button."
- When you bring your foot back, shift your weight onto your rear leg

3. Lower the left foot to form a half facing **Left Rear Foot Stance** while executing a half facing **Upward Block** with the Right Palm.

- Maintain the approximate position of the Left hand up through the chambering of the palm block. The blocking hand will not rise higher than your solar plexus and the forearm of your blocking arm should end up being level to the floor
- Because this is half-facing, the blocking arm will be at an angle of approximately 25-30 degrees; According to General Choi, this angle is "more natural" and causes less stress on the shoulders
- When finished, the elbow will be slightly lower than the hand and the fingers of the striking hand will be straight with the finger tips not bent; the blocking palm should finish at the defender's solar plexus
- Knife-hands have the finger tips bend, palm strikes and palm blocks do not
- The heel of the forward leg should be only an inch or two off the floor

4. Pivot 180 degrees clockwise into a half facing **Left L-Stance** and execute a **Reverse Knife-hand Middle Block** with your Right hand.

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5. Bring your Right foot back halfway and then execute a half facing **Low Front Snap Kick** to B with the front (Right) foot, keeping the position of the hands as they were in the previous block position.
 - From the encyclopedia, p.252: "Low Kick (Najunde Chagi) When the attacking tool reaches the same level of the umbilicus of the attacker at the moment of impact, it is called a low attack." "Umbilicus" is another name for navel or "belly button."
6. Lower the Right foot to form a half facing **Right Rear Foot Stance** while executing an **Upward Block with the Left Palm**.

Note: Maintain the position of the Right hand up through the chambering of the palm block.

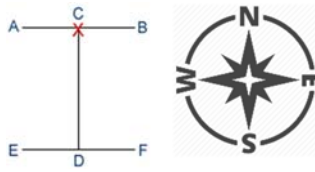
7. Pivot on your Right foot 90 degrees counter-clockwise towards D to form a half facing **Right L-Stance** while executing a **Middle Knife-hand Guarding Block**.
8. Rotate your rear foot to point forward while bringing your front foot back halfway and then slide into a **Left Walking Stance** as you execute a full facing **Right Upper Elbow Strike**. Angle your shoulders so that the target of the elbow strike is at your center line.
9. Move forward into a half facing **Left L-Stance** while executing a **Middle Knife-hand Guarding Block**.
10. Rotate your rear foot to point forward while bringing your front foot back halfway and then slide into a full-facing **Right Walking Stance** as you execute a **Left Upper Elbow Strike**. Angle your shoulders so that the target of the elbow strike is at your center line. *Note: The striking elbow should finish at least at eye-level.*
11. Move forward into a full-facing **Left Walking Stance** and execute a **High Twin Vertical Punch** with both fists

Note: For chamber, bring rear foot close to front foot before moving it out into the walking stance with a stomp. During chambering, the hands come close together with palms up then open the hands to be wider than shoulder width; as you fire, the wrists rotate so that they both end up facing downward.

12. Move the Right foot to D forming a full-facing **Right Walking Stance** toward D while executing a full facing **Twin Upset Punch** (a.k.a. double circle punch) with a Ki-Hap.

Note: Again, for the chamber, bring rear foot close to front foot before moving it out into the walking stance with a stomp. Make wide arcs with hands during chambering. The target of the upset punch is the opponent's stomach.

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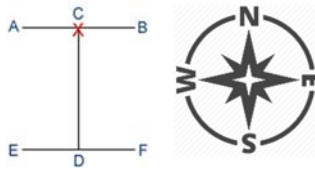
- Although this is full facing, the punching arms will be at an angle of approximately 25-30 degrees towards the center; According to General Choi, this angle is “more natural” and causes less stress on the shoulders
13. Using a Center-line Turn (a.k.a. a "box turn"), turn 180 degrees counter-clockwise towards C, open the hands to be wider than shoulder width; as you fire, step into a half facing **Left Walking Stance** with a stomp while executing an **X-Fist Rising Block**.
 - As you turn, keep the arms and hands at approximately the same height
 - The block should finish above your head with the Left arm on the outside.
 14. Bring the Right foot back near the Left foot for a chamber the move the Left foot to the Left (towards E) to form a half facing **Right L-Stance** while executing a **High Back Fist Strike** with the left fist.
 15. Execute a **Release Move** with your left arm by twisting it counter clockwise and pulling it downwards as you shift from a half facing Right-L Stance to a full-facing **Left Walking Stance**. To do so, rotate your rear foot forward while slipping your front foot to the side to form a Left Walking Stance.
 - This step is performed in Fast Motion.
 - There should be more power in the punch than in the release.
 16. Maintain the Left Walking Stance and execute a **High Forefist Punch** with your Right Fist.

This step is performed in Fast Motion. The punch should strike at eye-level.
 17. Bring the left foot to the right foot (Foot-to-Foot) facing C into a Closed Stance with wrists crossing and then move the right foot to F, forming a half facing **Left L-Stance** toward F while executing a **High Back Fist Strike** to F with the Right fist.
 18. Execute a **Release Move** with your Right arm by twisting it clockwise and pulling it downwards as you shift from a half facing Left-L Stance to a full-facing **Right Walking Stance**. To do so, rotate your rear foot forward while slipping your front foot to the side to form a Right Walking Stance.

This step is performed in Fast Motion.
 19. Maintain the **Right Walking Stance** and execute a **High Forefist Punch** with your Left Fist.

This step is performed in Fast Motion.
 20. Bring the Right foot to the Left foot (Foot-to-Foot) facing C into a Closed Stance and then move the Left foot to C, forming a full-facing **Left Walking Stance** while executing a High Block to C with a **Left Double Forearm** (a.k.a. High Reinforced Block). Your Left fist should end up at eye level while the pinky finger Right fist ends up next to your Left elbow. Both palms should end up facing upward.

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21. Without stepping forward, pivot the rear foot to point to the Right while drawing the Left foot back halfway to the Right foot and then drop into a half-facing Right L-Stance while executing a **Middle Forefist Punch** to C with your Left fist.
22. Spin on the Left foot to execute a **Middle Side Piercing Kick** to C with the Right foot.
 - The chamber of this kick requires that you chamber your hands by crossing your wrists in front of your chest
 - When the kick is finished, don't go immediately into the next movement; instead, retract your leg so that you can demonstrate a sine wave in the next movement
23. Lower the Right foot to C forming a **Right Walking Stance** toward C while executing a **High Block with a Right Double Forearm** (a.k.a. High Reinforced Block). Your Right fist should end up at eye level while the pinky finger Left fist ends up next to your Right elbow.

Note that since the previous step ended with a side kick and you are not to place the foot down until this step, it is expected that the side kick is held momentarily before lowering the foot.

24. Without stepping forward, pivot the rear foot to point to the Left while drawing the Right foot back halfway to the Left foot and then drop into a half-facing Left L-Stance while executing a **Middle Forefist Punch** to C with your Right fist.
25. Spin on the Right foot to execute a **Middle Side Piercing Kick** to C with the Left foot.
26. Lower the Left foot to C forming a half-facing Right L-Stance toward C while executing a **Middle Guarding Block** (a.k.a. Closed Hand Guarding) to C with the forearm.

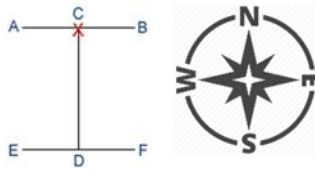
Note that since the previous step ended with a side kick and you are not to place the foot down until this step, it is expected that the side kick is held momentarily before lowering the foot.

27. Execute a **Right Palm Pressing Block** while forming a **Left Low Stance** toward C. To do this, rotate the rear (Right) foot to point forward while pulling the forward (Left) foot back about a third of the way to the rear foot and then sliding in forward past its original position.

Note that this is performed in slow motion. Bend the tips of the fingers. The low stance is used to extend the attacking tool. It is similar to the walking stance, though longer by one foot. In this pattern, the right palm is performing the upward block in the right walking stance and vice versa.

28. Move the Right foot to C forming a half-facing Left L-Stance while executing a **Middle Guarding Block** (a.k.a. Closed Hand Guarding) to C with the forearm.

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29. Execute a **Left Palm Pressing Block** while forming a **Right Low Stance** toward C. To do this, rotate the rear (Left) foot to point forward while pulling the forward (Right) foot back about a third of the way to the rear foot and then sliding in forward past its original position.

- Note that this is performed in slow motion. Bend the tips of the fingers.
- The arm finishes with the elbow away from the body

30. Turning 90 degrees counter-clockwise, bring the Left foot to the Right foot forming a full-facing closed stance toward A while executing an **Angle Punch** with the right fist.

Note that this is performed in slow motion. The angle punch should be at shoulder height and in line with the opposite shoulder.

31. Left foot turns out towards D then move forward in the direction that you are facing into a half-facing **Right Fixed Stance** while executing a **Twin Arc-Hand U-Shape Block** to A.

Note that the wrists face each other and are directly above/below each other. Lower elbow should be at your belt rather than in front of your body. The lower elbow should be flush with the hip with the lower arm should be parallel to the floor. Lean the body slightly towards the target at the moment of the block. With a Fixed Stance, each leg bears equal weight.

32. While turning 90 degrees counter-clockwise, bring the Right foot to the Left foot (Foot-to-Foot) and then move the Left foot to B forming a half-facing **Left Fixed Stance** toward B, at the same time executing a **Twin Arc-Hand U-Shape Block** to B.

Note that the wrists face each other and are directly above/below each other. Lower elbow should be at your belt rather than in front of your body. With a Fixed Stance, each leg bears equal weight. It is important to keep the back straight when finished.

RETURN: Bring the left foot back to **Closed Ready Stance B** while turning 90 degrees clockwise.