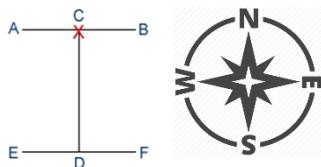


Joong-Gun

Updated: February 12, 2023



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

Ready Posture:

In **Close Ready Stance B (Moa Junbi Sogi B)** at X facing towards **South (D)**;

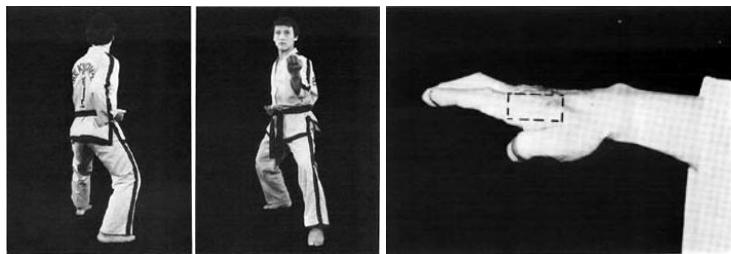
Note that judges will be viewing from **South (D)**, looking **North (C)**

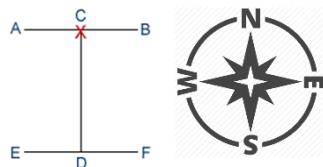


- The left hand is wrapped around the right fist with the fingertips of the left hand touching the large knuckles of the right
- The hands should be positioned in front of the navel.
- The distance between the fists and the navel is about 15 centimeters.
- The feet are placed next to each other but not touching.

1. Move the left foot to **East (B)** forming a **Right L-Stance** toward **East (B)** while executing an **Outward Middle Block** with your **Left Reverse Knife-hand**.

- Official Instructions: “1. Move the left foot to B, forming a right L-stance toward B while executing a middle side block to B with the left reverse knife-hand.”
- With a reverse knife-hand, the palm ends facing upward, the thumb is tucked against the palm and the striking tool is the side of the hand with the thumb.
- Although the back is kept straight in the L-stance, the rear leg is on a slight angle such that the hip aligns with the inside of the foot.
- Encyclopedia, vol. 3, p.194: Outward Block (Bakuro Makgi)
“When the blocking tool reaches the target from an inward to outward trajectory, it is called an outward block.”





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

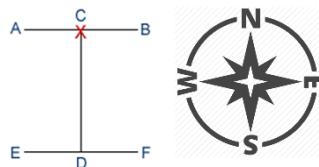
- Official Instructions: "2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1."
- From the encyclopedia, vol. 4, p.22: **Low Kick (Najunde Chagi)**
"When the attacking tool reaches the same level of the umbilicus of the attacker at the moment of impact, it is called a low attack." "Umbilicus" is another name for navel or "belly button."
- There are many authoritative references to the target of this kick being the groin rather than the umbilicus.
- It is noted in the encyclopedia that it is not advisable for the front snap kick to go higher than one's own solar plexus. Gen Choi did say a front snap kick was different from other kicks in that as you said there isn't a high front snap kick and therefore the middle kick is executed level with your solar plexus. That means there isn't much difference from a middle or low front snap kick!
- When you bring your foot back, shift your weight onto your rear leg and then raise the knee to chamber the kick.



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

- Official Instructions: "3. Lower the left foot to B and then move the right foot to B, forming a left rear foot stance toward B while executing an upward block with a right palm."
- Knife-hands have the finger tips bend, palm strikes and palm blocks do not

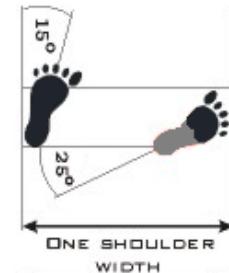




- Encyclopedia, vol. 2, p. 157: **Rear Foot Stance (Dwitbal Sogi)**

"This is used for defense and occasionally for attack. The advantage of this stance is the ability to kick or adjust the distance from an opponent with the front foot which can move spontaneously without additional shifting of the body weight to the rear foot."

1. Move one foot to either the front or the rear at a distance of one shoulder width between the small toes.
2. Bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot.
3. Bend the front leg, touching the ground slightly with the ball of the foot.
4. Keep the toes of the front foot pointing about 25 degrees and the toes of the rear foot about 15 degrees inward.
5. Distribute most of the body weight on the rear foot.



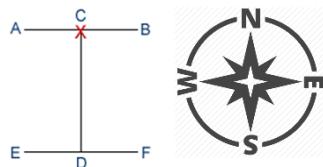
When the right foot is in the rear, the stance is called a right rear foot stance and vice-versa. It is always half-facing, both in attack and defense. Be sure to keep the knee of the rear leg pointed slightly inward."

- 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
- From the encyclopedia, Vol 3. pp.251:

Upward Block (Ollyo Makgi)

"The purpose of this block is to "spring up" an opponent's hand, foot, dagger or stick directed against the defender's solar plexus and area above... The blocking tool should reach the point of focus at the defender's solar plexus. Be sure to bend the elbow about 35 degrees outward at the moment of block. Palm... The blocking tool should reach the target in a circular motion."

- 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
- The heel of the forward leg should be only an inch or two off the floor
- 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 (knife-hands have the finger tips bend, palm strikes and palm blocks do not); the finger tips are at the height of the solar plexus on the center line with hand slightly higher than the elbow; 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



- GM Donato Nardizzi states “*The purpose of an upward block is spring up the opponent’s attacking limb for attacks aiming at your solar plexus or areas slightly above... To form the palm, you just need to keep the hand open. [While] the fingers are close together, there is no need to squeeze the fingers together, as you would with knife-hand or fingertip. It is more important to keep the wrist tense so that it doesn’t buckle when you do the block.*”
- According to GM Donato Nardizzi, a common mistake is to bring the hand too far back when performing the circular motion; the motion made should be a small circle with the hands always in front. If you bring your hand too far back then you leave yourself too exposed to your opponent.
- Since this is an upward block rather than a scooping block, we should put power into the technique
- This **Upward Block** is not the same as a **Scooping Block**. Donato Nardizzi states “*try not to get [the palm upward block] confused with palm scooping block... which looks very similar to an upward block but is used to pick up the opponent’s limb and throw them off balance so it is a lot slower and not as sharp. The upward block is very sharp to spring up [the attacking limb].*” Both are blocks, so seemingly defensive. The main difference appears to be that the scooping block holds a limb of the opponent so that the attacker can deliver a punch or a kick; whereas the upward block is used to deflect an in-coming attack.

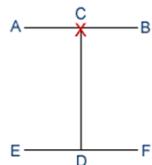
The encyclopedia, Vol 3. pp.288 describes a Scooping Block (Duro Makgi) with “*This is a rather effective block for putting the opponent in an untenable position by holding up the attacking foot. It is chiefly performed with a palm, and occasionally a reverse knife-hand. The blocking tool should reach the target in a large circular motion while bending the body downward at the start of blocking. This technique is normally performed in a slow motion.*”

According to GM Choi (2006), the scooping block is used in the upward phase of sine wave motion whereas the palm upward block is applied on the downward phase of sine wave finishing at the mid-section. Also, worth noting that scooping block is mostly followed by a consecutive attack attached to the downward phase of sine wave – as seen in Gae-Baek with a continuous motion to a punch

Upward Palm Block**Scooping Block**

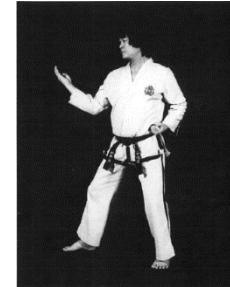
Joong-Gun

Updated: February 12, 2023



4. Pivot 180 degrees clockwise on your rear foot into a **Left L-Stance** toward **West** (A) and execute a *half-facing Middle Block* with the **Right Reverse Knife-hand**.

- Official Instructions: "4. Move the right foot to A, forming a left L-stance toward A, at the same time executing a middle side block to A with the right reverse knife-hand."



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

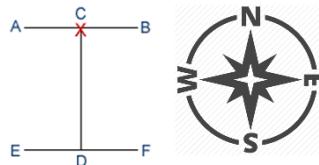
- Official Instructions: "5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4."



6. Lower the Right foot to form a **Right Rear Foot Stance** toward **West** (A) while executing a *half-facing Upward Block* with the **Left Palm**.

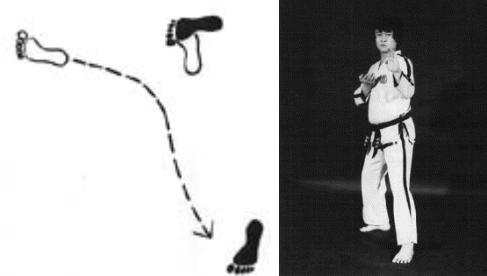
- Official Instructions: "6. Lower the right foot to A and then move the left foot to A, forming a right rear foot stance toward A while executing an upward block with the left palm."





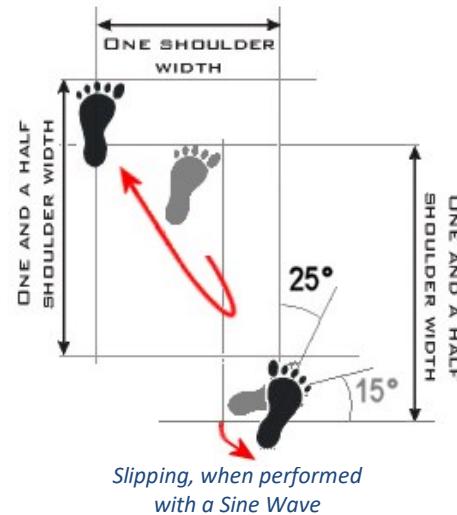
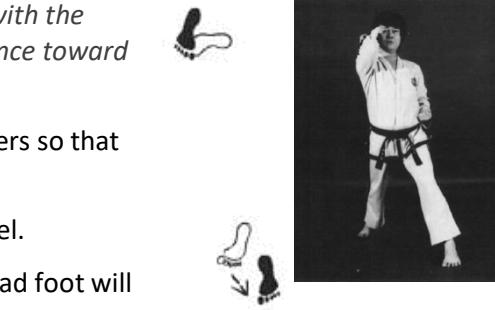
7. Pivot on your Right foot 90 degrees counter-clockwise towards **South** (D) forming a **Right L-Stance** while executing a *half facing Middle Knife-hand Guarding Block*.

- Official Instructions: "7. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand."



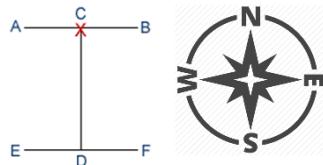
8. Rotate your rear foot to point forward while bringing your front foot back halfway and then slip into a **Left Walking Stance** toward **South** (D) as you execute a *reverse half-facing Right Upper Elbow Strike*.

- Official Instructions: "8. Execute a high trike to D with the right upper elbow while forming a left walking stance toward D, slipping the left foot to D."
- Since this is reverse half-facing, angle your shoulders so that the target of the elbow strike is at your chest line.
- The striking elbow should finish at least at eye-level.
- When the stance is fully formed, the heel of the lead foot will be in line with where the toes were in the previous stance and the big toe will be about 6 inches outside where the pinky toe was in the previous stance.
- "Slipping" refers to motion used to change from one stance into another, longer stance by repositioning one foot farther away from the body. We first see slipping in the 3rd movement of Won-Hyo where we move from an L-stance into a Fixed stance. Slipping usually demonstrates a sine wave which causes the lead foot first pull closer to the body before moving away.



Joong-Gun

Updated: February 12, 2023



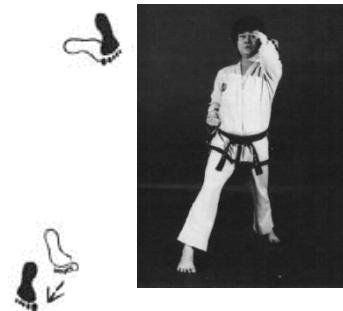
9. Move the right foot forward forming a **Left L-Stance** to the South (D) while executing a *half facing Middle Knife-hand Guarding Block*.

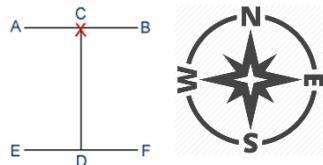
- Official Instructions: "9. Move the right foot to D, forming a left L-stance toward D, at the same time, executing a middle guarding block to D with the knife-hand."



10. Rotate your rear foot to point forward while bringing your front foot back halfway and then slip into a **Right Walking Stance** as you execute a **Left Upper Elbow Strike**.

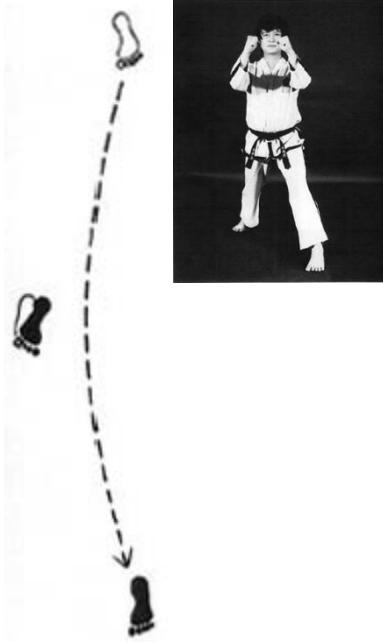
- Official Instructions: "10. Execute a high strike to D with the left upper elbow while forming a right walking stance toward D, slipping the right foot to D."

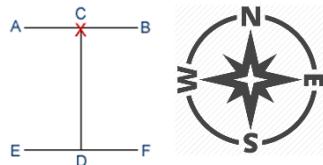




11. Move the left foot forward with a stomp forming a **Left Walking Stance** and execute a **full-facing High Vertical Punch** with twin fists.

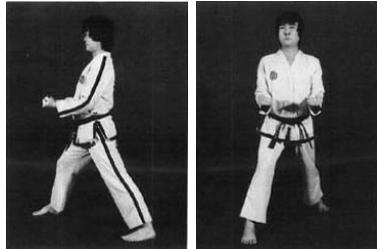
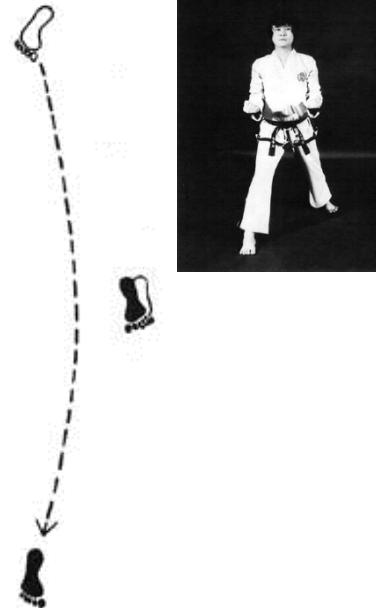
- Official Instructions: "11. Move the left foot to D, forming a left walking stance toward D while executing a high vertical punch to D with a twin fist."
- For chamber, bring rear foot close to front foot before moving it out into the walking stance with a stomp. During chambering, the hands come close 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.
- Encyclopedia, vol. 9, p.202
Walking Stance Twin Fist High Vertical Punch
(Gunnun So Sang Joomuk Jirugi)
"The fist reaches the same level as the philtrum of the attacker."
- At the moment of impact, the fists reach the same level as the nose and the elbows are aligned with each shoulder.





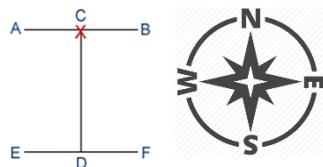
12. Move the Right foot **South** (D) forming a full-facing **Right Walking Stance** toward South (D) while executing a *full facing Twin Upset Punch*.

- Official Instructions: “12. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with a twin fist.”
- 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.
- 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
- Encyclopedia, vol. 9, p.203
Walking Stance Twin Fist Twin Fist Upset Punch
(Gunnun So Sang Joomuk Dwijibo Jirugi)
“The back fist comes to the same level as the elbow joint.”
- At the moment of impact, the back of each fist is level with the elbow.



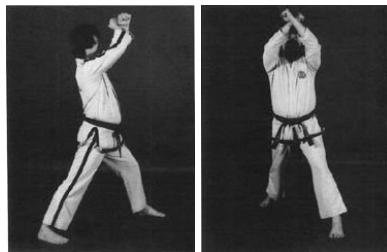
Joong-Gun

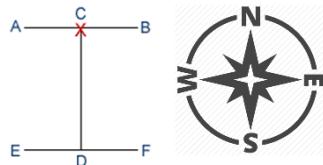
Updated: February 12, 2023



13. Using a Center-line Turn, turn 180 degrees counter-clockwise then form a *full facing Left Walking Stance* towards **North** (C) while executing a **Rising Block** with an **X-Fist**.

- Official Instructions: “13. Move the right foot on line CD, and then turn counter-clockwise to form a left walking stance toward C while executing a rising block with an X-fist.”
- As you turn, keep the arms and hands at approximately the same height they finished in the last movement; do not let the hands drop.
- When forming the walking stance, stomp with the lead foot.
- Encyclopedia, vol. 9, p.203
Walking Stance X Twin Fist Rising Block
(Gunnun So Kyocha Chukyo Makgi)
“The X-fist stays at the center of the defender’s forehead.”
- The block should finish above your head.
- Since this is a Left Walking stance, the left arm will finish outside of the right arm.

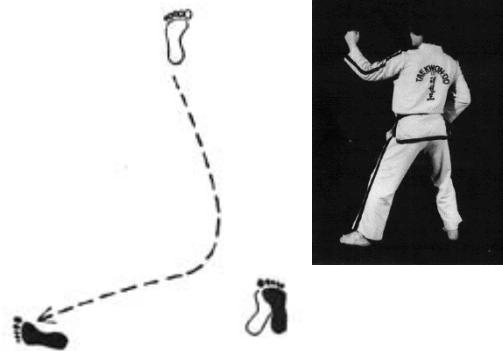




14. Bring the left foot back near the right foot then move the Left foot to the towards **West** (E) forming a **Right L-Stance** while executing a **High Side Strike** with the **left back fist**.

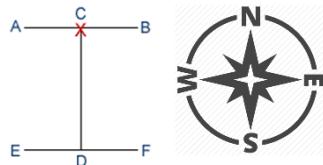
- Official Instructions: "14. Move the left foot to E, forming a right L-stance toward E while executing a high side strike to E with the left back fist."

- Encyclopedia, vol. 2, p.60: Back Fist (Dung Joomuk)
"The main knuckles of the forefinger and middle finger are the parts used."



- As you pull your left foot back to the right
- The fist reaches the eye of the attacker.





15. Execute a **Release Move** with your left arm by twisting it counter clockwise and pulling it downwards as you slip from a *half facing Right-L Stance* to a *full-facing Left Walking Stance*. *Performed in fast motion.*

- Official Instructions: “15. Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E. “
- This movement and the next are performed in Fast Motion.
- Since this is a release motion, it is assumed that the opponent has grabbed your wrist
- To properly execute the release, you must use both arms together; Make sure to raise the rear arm to about solar plexus height to provide reaction force during the actual release
- The hand of the releasing arm travels in a slight circular motion; Do not move the arm outside of the shoulder line to prevent exposing our mid-section
- There is no sine wave with this motion; The slip into Walking Stance with the lead leg should be done very quickly in a straight line rather than first pulling back the foot to drop into the new stance



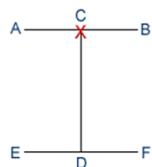
16. Maintain the **Left Walking Stance** and execute a **High Punch** with your **Right Fist**. *Performed in fast motion.*

- Official Instructions: “16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in fast motion. “
- This step is performed in Fast Motion.
- There should be more power in the punch than in the release.
- Make sure to extend the reaction arm before firing the punch.
- The punch should strike at eye-level.



Joong-Gun

Updated: February 12, 2023



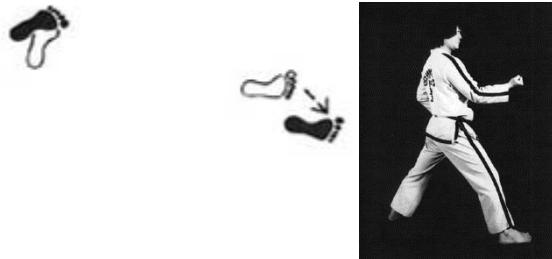
17. Bring the left foot to the right foot (Foot-to-Foot) facing C into a Closed Stance with wrists crossing and then move the right foot to F, forming a half facing **Left L-Stance** toward F while executing a **High Back Fist Strike** to F with the Right fist.

- Official Instructions: "17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high strike to F with the right back fist."



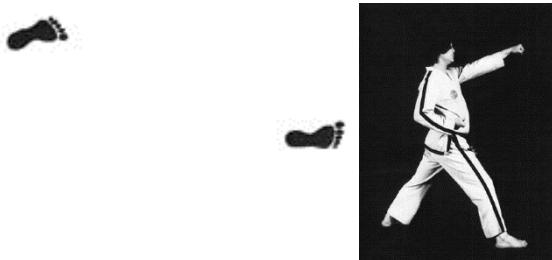
18. Execute a **Release Move** with your right arm by twisting it clockwise and pulling it downwards as you slip from a *half facing Left-L Stance* to a *full-facing Right Walking Stance*. **Performed in fast motion.**

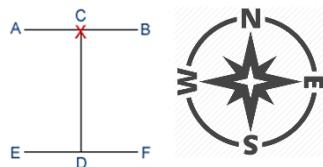
- Official Instructions: "18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F."



19. Maintain the **Right Walking Stance** and execute a **High Punch** with your **Left Fist**. **Performed in fast motion.**

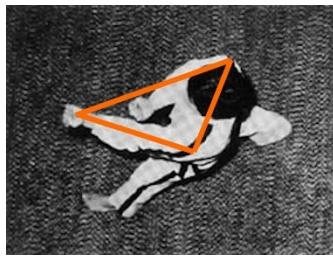
- Official Instructions: "19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in fast motion."





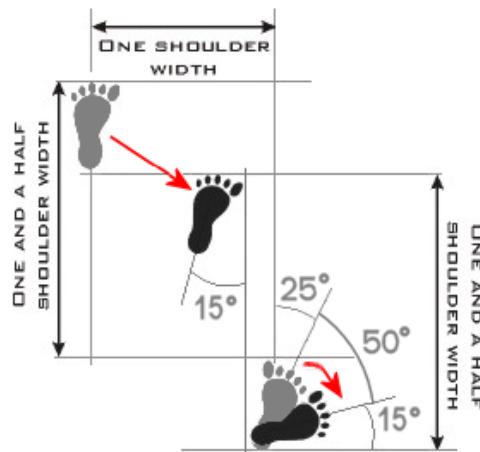
20. Bring the Right foot to the Left foot (Foot-to-Foot) facing **North** (C) into a **Closed Stance** and then move the Left foot to **North** (C), forming a **Left Walking Stance** to **North** (C) while executing a *full-facing High Block* with a **Left Double Forearm**.

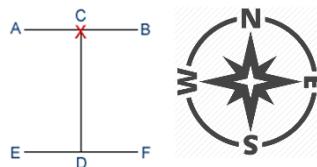
- Official Instructions: "20. Bring the right foot to the left foot and then move the left foot to C, forming a left walking stance toward C while executing a high block to C with a left double forearm."
- Your Left fist should end up at eye level while the pinky finger Right fist ends up next to your Left elbow. Both palms should end up facing upward.



21. Without stepping forward, pivot the rear foot to point to the right while pulling the Left foot into a *half-facing Right L-Stance* while executing a **Middle Punch** to C with your **left fist**.

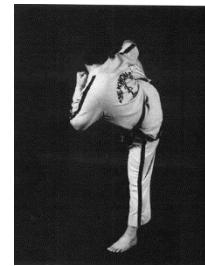
- Official Instructions: "21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot."
- Pulling is the motion used to change from one stance into another, shorter stance by repositioning one foot closer to the body. The lead foot is drawn closer to the body and brought in line with the lead shoulder while the rear foot pivots slightly to turn the body half-facing.





22. Spin on the Left foot to execute a **Middle Side Piercing Kick** to **North** (C) with the **Right foot**.

- Official Instructions: "22. 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
- From the encyclopedia, p.254: Side Piercing Kick (Yopcha Jirugi)
...The attacking tool must reach the target in a straight line with a revolving motion... Keep the toes of the kicking foot faced slightly downward and the toes of the stationary foot pointing about 75 degrees outward at the moment of impact... For maximum height, lean the body away from the kick as far as possible while still maintaining the balance... The stationary foot pivots allowing the hip to rotate with the kick."



23. Lower the Right foot forming a **Right Walking Stance** toward **North** (C) while executing a **full-facing High Block** with a **Right Double Forearm**.

- Official Instructions: "23. Lower the right foot to C, forming a right walking stance toward C while executing a high block to C with a right double forearm."



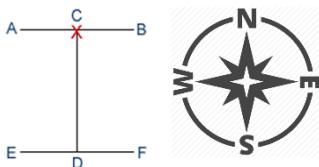
24. Without stepping forward, pivot the rear foot to point to the left while pulling the right foot into a **half-facing Left L-Stance** while executing a **Middle Punch** to C with your **right fist**.

- Official Instructions: "24. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot."



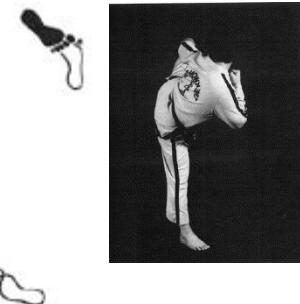
Joong-Gun

Updated: February 12, 2023



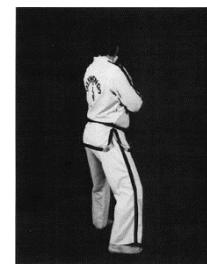
25. Spin on the Right foot to execute a **Middle Side Piercing Kick** to **North** (C) with the **Left foot**.

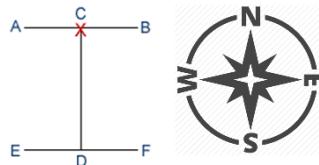
- Official Instructions: "25. Execute a middle side piercing kick to C with the left foot."



26. Lower the Left foot to **North** (C) forming a **half-facing Right L-Stance** toward **North** (C) while executing a **Middle Guarding Block** with the **forearm**.

- Official Instructions: "26. Lower the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with the forearm."





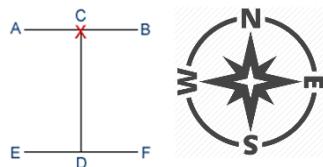
27. Execute a **Right Palm Pressing Block** while forming a *full-facing Left Low Stance* toward **North** (C) by slipping the lead foot. *Perform in slow motion.*

- Official Instructions: "27. Execute a pressing block to C with the right palm while forming a left low stance toward C, slipping the left foot."
- This movement is performed in Slow Motion (Naurin Dongjak). When using slow motion, concentrate on ending all motion at the same time (breathing, hand movement, foot movement)
- From the encyclopedia, Vol 2. pp.159:
Low Stance (Nachuo Sogi) "*It is similar to the walking stance, though longer by one foot.*"
- From the encyclopedia, Vol 3. pp.263: **Pressing Block (Noollo Makgi)**
"This block is executed against low attack only. This technique is used only when the defender wishes to check, rather than break, the attacking foot."
- To chamber, the blocking hand is brought no higher than eye level and the reaction is brought to the lower abdomen. Both hands are open and facing inwards and in line with the shoulders with each elbow bent. As you chamber, pull the lead foot as you turn full-facing. This will cause a backward motion. You should reach full-facing when the block has been chambered.
- To execute, the blocking hand is brought vertically downwards while the reaction hand is brought upwards to solar plexus height. Both hands remain facing inwards until they pass each other where they then begin to twist so that the blocking hand is facing downwards and the reaction hand is facing upwards.
- The lower palm finishes at the same level as the lower abdomen of the defender and the other palm reaches the same level as the solar plexus.
- Videos of General Choi clear show that the upper hand finishes at the chest line while the lower hand finishes at the shoulder line.
- The ITF-HQ dictates that the bottom wrist in the press should be straight from radial to pointer finger rather than bend the wrist back to point the palm to the ground. Also, block blocking hand should be turn very slightly to the outside to better deflect the attack. These are changes made since General Choi died so not every school has adopted them
- According to Master McPhail, the arm of the lower hand will have a slight bend to it, the palm will be slightly rotated so the thumb is lower than the pinky finger in order to protect the pinky and both arms are angled slightly inwards so they are just inside the shoulder lines
- When finished, each elbow is slightly bent and each wrist is straight with no bend.



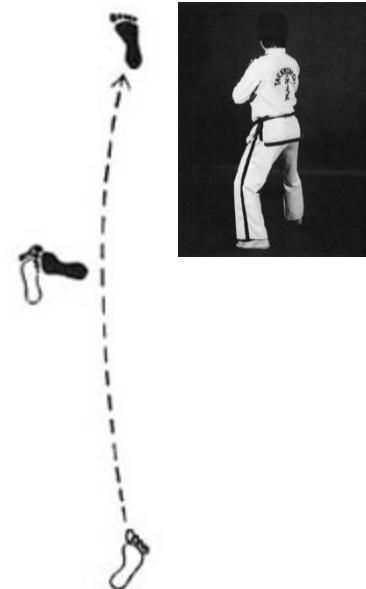
Joong-Gun

Updated: February 12, 2023



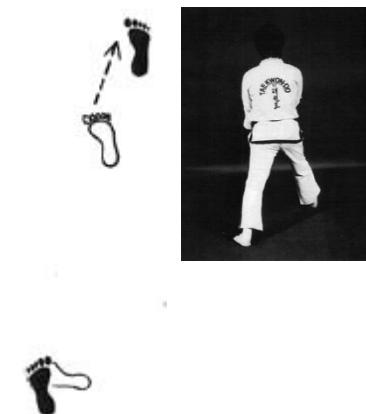
28. Move the Right foot forward forming a *half-facing Left L-Stance* while executing a *Middle Guarding Block* with the *forearm*.

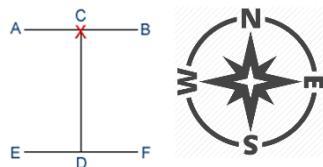
- Official Instructions: "28. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with the forearm."



29. Execute a *Pressing Block* with the *Left Palm* while forming a *Right Low Stance* toward *North* (C) by slipping the right foot. *Performed in slow motion.*

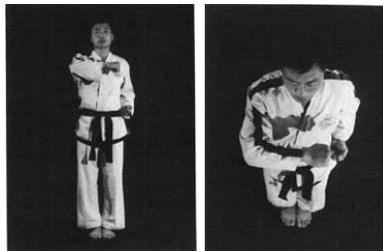
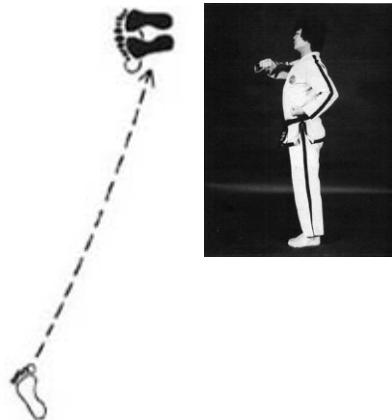
- Official Instructions: "29. Execute a pressing block to C with the left palm while forming a right low stance toward C, slipping the right foot."





30. Turning 90 degrees counter-clockwise, bring the Left foot to the Right foot forming a **full-facing Closed Stance** toward **West** (A) while executing an **Angle Punch** with the **right fist**. **Performed in slow motion.**

- Official Instructions: “30. Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.”
- Encyclopedia, vol. 9, p.208
Close Stance Angle Punch (Moa So Kiockja Jirugi)
“The fist reaches up to the chest.” Therefore, the fist should finish in line with the opposite chest line. The chest line is halfway between the center line and the shoulder line.
- The angle punch should finish at shoulder height.



- Note that this is not a Turning punch nor a Crescent punch:

Crescent

Fist travels in an arc
Finishes at center line



Turning

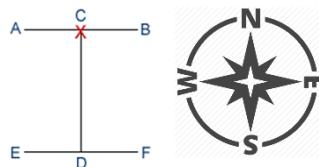
Fist travels in a sharp curve
Finishes at center line



Angle

Fist travels in a sharp curve
Finishes at chest line

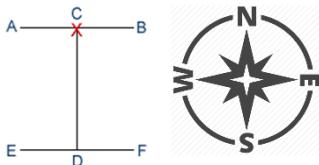




31. Left foot pivots to the **South** (D) while the right foot moves forward forming a **Right Fixed Stance** while executing a **U-Shape Block** to **West** (A) with a **Twin Arc-Hand**.

- Official Instructions: "31. Move the right foot to A, forming a right fixed stance toward A while executing a U-shape block to A."
- Fixed stance is similar to the L-stance but, unlike L-stance, the body weight is distributed evenly across both legs and the distance between the big toe of each foot is one and a half shoulder widths.
- Encyclopedia, vol. 2, p.70: Arc-Hand (Bandal Son) "*Bend three fingers slightly deeper than the forefinger while the thumb is bent toward the little finger. It is used to attack the Adam's apple, point of the chin and upper neck. The surface between the secondary knuckle of the forefinger and the thumb is used.*"
- From the encyclopedia, volume 13, page 306: "**U-Shape Block (Mongdung Makgi)** *Keep both hands in a vertical line at the moment of the block. The lower elbow should be flush with the hip.*" 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.
- To move into the stance, first shift all of your weight to the rear leg as you pull the forward leg back an inch or two then drop into the Fixed stance.
- The block finishes with the right arm on top with each wrist facing the other and both directly above the lead foot.





32. Bring the Right foot to the Left foot (Foot-to-Foot) and then move the Left foot **East** (B) forming a *half-facing Left Fixed Stance* while executing a **U-Shape Block** to East (B) with a **Twin Arc-Hand**.

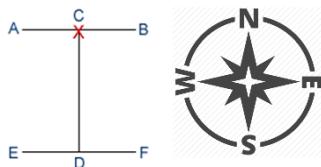
- Official Instructions:

"32. Bring the right foot to the left foot and then move the left foot to B, forming a left fixed stance toward B, at the same time executing a U-shape block to B."



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





Ahn Joong-geun was a Korean patriot and martyr who sacrificed himself for the cause of peace. He did this by assassinating Hirobumi Itō, the first Japanese governor-general of Korea as a way to end his corrupt rule and to help foster peace and cooperation amongst the countries of East Asia. Although his act of shooting Ito Hirobumi did not have an immediate impact on Japan's brutal annexation of Korea, Ahn's act of patriotism served as a source of inspiration to the loyalists and to the independence fighters throughout the Japanese occupation.

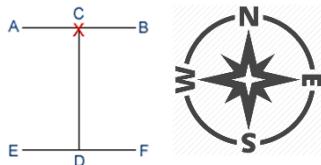
To understand Ahn's actions, it is useful to understand Ahn's early years and the history of Korea during Ahn's lifetime.

Ahn Jung-geun was born, in 1879, in the north-west section of the Korean Peninsula. As a boy, he learned Chinese literature and Western sciences, but was more interested in martial arts and marksmanship. In his late teenage years, he converted to Christianity, which was gaining popularity in Korea, and was baptized into the Catholic faith on January 10, 1897, receiving the baptismal name Thomas. He spent several years working fervently as a Catholic missionary, studying the faith further with the foreign Catholic missionaries serving in the region.

During this time, Korea was formally ruled by the Joseon Dynasty but was effectively a client kingdom of the Chinese Qing Dynasty. Towards the end of the 19th century, influence over Korea was increasingly an area of conflict between the Qing and Japan. The end of the First Sino-Japanese War in 1895 marked the rapid decline of any power the Joseon state had managed to hold against foreign interference, as the battles of the conflict itself had been fought on Korean soil and the surrounding seas. With its newfound preeminence over the waning and weak Qing dynasty, Japan had delegates negotiate the Treaty of Shimonoseki with the Qing dynasty. Through signing the treaty, a move designed to prevent the southern expansion of Russia, Japan wrested control over Chinese lands and, more importantly, over Korea.

Russia recognized this agreement as an act against its interests in northeastern China which led, in part, to the Russo-Japanese War in 1904. By 1905, the Japanese military achieved a comprehensive victory in the Russians. Following Imperial Japan's victory in this conflict, which surrendered Manchuria to the Russian sphere of influence in exchange for the acceptance of Japanese hegemony in Korea, and the Taft–Katsura Agreement, in which the United States allegedly agreed not to interfere with Japan in matters concerning Korea, the Japanese government sought to formalize its control over the Korean Peninsula.

Prince Itō Hirobumi was a Japanese statesman and considered one of the "founding fathers" of modern Japan. He wielded considerable power, serving as an Imperial advisor and as Japan's Prime Minister four times. He was instrumental in negotiating surrender terms in both the First Sino-Japanese and the Russo-Japanese wars. He convinced Japan's Emperor Meiji that the Korean people and their emperor desired close ties with Japan – even though this was far from the truth.



On November 9, 1905, Itō Hirobumi delivered a letter from the Emperor of Japan to Gojong Gwangmuje, Emperor of Korea, asking him to sign a treaty that would make Korea a protectorate of Imperial Japan. The Korean emperor refused since the treaty deprived Korea of its diplomatic sovereignty, would strip Korea of its rights as an independent nation, gave Imperial Japan complete responsibility for Korea's foreign affairs, and placed all trade through Korean ports under Imperial Japanese supervision. As a result, Itō Hirobumi ordered Japanese troops to encircle the Korean imperial palace and threatened the Emperor in order to force him to agree to the treaty. Gojong continued to refuse. Eventually, he was forced to abdicate and a puppet government was installed that signed the treaty in secret.

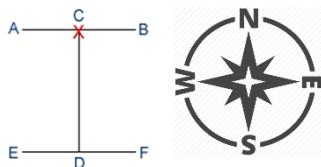
In 1905, Itō Hirobumi was named the first Japanese resident general of Korea. He was answerable only to the Japanese emperor and had the power to control all the Korean foreign relations and trade. To fulfil his duties and to keep order in the country, he was given total access to all Japanese combat troops stationed in Korea.

Word soon leaked out concerning the "Protectorate Treaty," provoking a waves of anti-Japanese violence. Although the Korean people were extremely irritated, the puppet government enacted laws that only exasperated the situation, such as allowed Korean land to be sold to Japanese without Korean consent – although the land generally was just taken. Violence pervaded the general population, as many loyal Korean government officials committed suicide and Korean government officials who had signed the treaty were assassinated.

Like many Christians in Korea at this time, Ahn became active in the Korean independence movement, protesting against Japan's increasing control over Korea. He promised his dying father that he would dedicate himself to the cause of independence, pledging that he would not drink alcohol until the day Korea was free from Japanese control. Ahn went into self-exile in southern Manchuria where he formed a small private guerrilla army of approximately 300 men, including his brother. This army conducted sporadic raids across the Manchurian border into northern Korea, keeping a relentless pressure on the Japanese in this region.

Russia was becoming very nervous at the level of Japanese activity in the northern Korean area and Japan's obvious designs on Manchuria. Ito, who had officially become the president of the Japanese Senate, arranged to meet with Russian representatives at Harbin, Manchuria, to calm their fears over the Japanese intentions to annex Manchuria and invade China. The final plans for the meeting between Ito and a Russian government official were announced to take place on October 26, 1909.

That morning, when Itō Hirobumi arrived at the train station in Harbin, China, Ahn Joong-geun was waiting for him. Ahn shot Ito on a platform at the Harbin Railway Station and then gave himself up without any resistance. Ahn stated "I, as a lieutenant general of the Korean resistance army, killed the criminal Ito Hirobumi because he disturbed the peace of the Orient and estranged the relationship between Korea and Japan. I hoped that if Korea and Japan be friendlier and are ruled peacefully, they would be a model all throughout the five continents. I did not kill Ito misunderstanding his intentions."



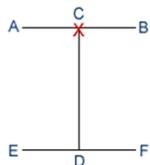
Ahn was given a trial but the trial itself was mostly a farce since the Foreign Ministry had ordered the judiciary to find Ahn guilty and assign the death penalty before the trial had even begun. Ahn was given the opportunity to speak briefly at the trial and tried to present the defense that that Itō's actions in Korea were themselves criminal and that Ahn had, therefore, acted justly in using violence against him. Ahn composed a list of 15 crimes committed by Ito, which included forcing the Emperor of Korea (Gojeong) to abdicate, forcibly seizing political power, seizing railroads, mines, and land, deceiving the world by saying that Korea wanted to be protected by Japan, and of tricking the emperor of Japan into thinking that things in Korea are peaceful and without incident when in fact between Korea and Japan there is no end of war and slaughter.

By listing these crimes, Ahn tried to demonstrate that Japan's colonization of Korea was illegitimate and that Korean government was, in reality, Itō's private state. During his trial, Ahn stated that he was not a "common assassin" but, rather, "a prisoner of war." He argued that because Itō had illegally seized control of the Korean government under the guise of legal treaties, Ahn and other Koreans had taken up arms on behalf of a government that could no longer protect them, or even itself, thereby appropriating the state's right to legitimately utilize lethal violence. Killing Itō was, in short, not An's final goal, but a means toward that goal. Ahn believed that Itō was a rogue official following his own policies rather than faithfully serving his Emperor. Now that Itō was disposed of and his "lies" had been revealed, Ahn believed the Japanese Emperor would reform his country's policies and foster peace in the region.

As expected, Ahn was found guilty and was sentenced to death. Ahn was not disturbed by the sentence and as he was waiting for the sentence to be carried out, Ahn wrote "On Peace in East Asia" to describe his thoughts on how peace should be achieved in the region. He proposed that Korea, China and Japan form a confederation "of politics, economy and culture" – much like today's European Union – with the creation of a joint bank, the use of a common currency, military cooperation, and "respect each other's independence." Ahn's vision for Asia included unifying the three empires so as to counter and fight off European colonialism, restoring peace to East Asia. He had hoped that with the death of Ito, Japan and Korea could become friendly because of the many traditions that they shared. He hoped that this friendship, along with good relations with China, would become a model for the world to follow. Ahn explained that "if the emperors of the three countries of Japan, China, and Korea were to meet with the Roman Pope, take their oaths together, and then be crowned by him, the world would be astounded by the news." The legitimacy that papal coronation would bring to these East Asian nations would prevent Western countries from threatening them, Ahn believed, leading not only to peace in the region, but throughout the world.

On Mar. 26, 1910, Ahn Jung-geun was executed at the age of 31. He faced his death proudly and moved many, including Japanese prison guards who were with him until the end. Ahn's mother supported his action and said it was his duty as a Korean to dedicate his life for the country.

Although his act of shooting Ito Hirobumi did not have an immediate impact on Japan's progress toward annexation of Korea, An's act of patriotism served as a source of inspiration to the loyalists and independence fighters throughout the Japanese occupation. For his actions as a resistance fighter, An Jung-geun was awarded South Korea's Order of Merit for National Foundation in 1962. In 2009, the Chinese and South Korean governments have recently announced the building of a new monument to An Jung-Geun in Harbin.



SELF-DEFENCE TECHNIQUES (Hosin Sul)

These techniques are not only the most interesting in Taekwon-Do but also the most advanced. They are in every sense, for a practical self-defense. Most of these techniques except for breaking motions are the logical application of various motions acquired from patterns, sparring, and fundamental movements to be used against a sudden attack by an armed or unarmed opponent.

The defender must know how to make use of his or her opponent's momentum and force, while utilizing his or her dynamic and reflexive actions against momentarily undefended target.

Certainly, these self-defense techniques can only be effective if the student takes the time to constantly train with them under realistic conditions.

HOW TO RELEASE FROM A GRAB (*Jappyosul Tae*)

It is unlikely that a Taekwon-Do black belt will ever be grabbed by an assailant. Below is illustrated a technique, however, that can be effective.

Releasing is performed in three different ways: either by a direct attack to a vulnerable or vital spot, breaking the joint of the attacking hand or arm, or by a logical releasing motion which is usually accompanied by a counter attack.

Since this technique might be used against a physically strong opponent, the defender should not attempt to pull but rather to push the grabbing hand or foot at the same time coordinating the body to make use of the opponent's momentum and the instinctive pulling motion of the opponent with rare exceptions.

LEGEND.

- A Attacking motion.
- B Breaking motion.
- R Releasing motion.

681

Twist the right arm clockwise,
moving the right foot forward.

A. While Standing

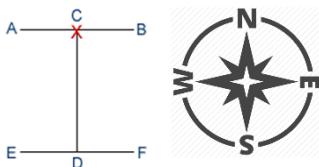
1. Opponent grabs with one hand,



Release while forming a right walking stance.

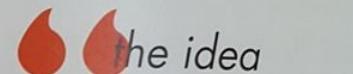


Execute an upward punch
with the left fist.



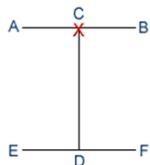
A good example of the current confusion relates to the terminology for releases and grabs. Often when I ask students, 'what is the Korean terminology for a releasing movement?' They reply, "I'm performing Jap-Hyut-Sul Dhé sir!". I'm glad that people all around the world are studying Korean words so diligently! General Choi certainly succeeded in bringing Korean culture to the globe but unfortunately the words "Jap-Hyut-Sul Dhé" as a description for the releasing movements in Do San, Hwa Rang or Joong Gun are nonsense to any native Korean!

This is because the literal translation of "Jap-Hyut-Sul Dhé" is "I've been grabbed!" so what you are doing is not describing the movement but what has just happened to you!

 *the idea
that Taekwon-Do
came into existence
as some kind
of perfect and
incorruptible whole
simply isn't true.* 

In Korean there are actually 4 different ways to describe a releasing movement and each relate to the method of releasing i.e. twisting, pulling etc... In the colour belt patterns 2 such methods are used. In Do San and Joong Gun the releasing motion is "Bitulmyo Pulgi" which means a 'twisting release'. In Hwa Rang the releasing motion is Dangimyo Pulgi" which means a 'pulling release'.

With Taekwon-Do being taught to so many different people around the world, it is no surprise that some of the original reasons for movements have been lost or misinterpreted. Terminology can sometimes play an important role in helping students understand

**Releases**

- 1) Twisting – Bituro Pulgi
- 2) Pulling – Dangimyo Pulgi
- 3) Wedging – Hetcho Pulgi
- 4) Turning – Dollyo Pulgi
- 5) Counter Attack – Yop Gong kak Pulgi
- 6) Breaking – Gok Gok Pulgi

