

Joong Gun - 4th Kup

Pattern: Joong Gun (tul means pattern)

No of Movements: 32 **No of Stances:** 5

Meaning of Joong Gun

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. The 32 movements represent Mr Ahn's age when he was executed in Lui Shung Prison in 1910.

The meaning of Blue:

Blue signifies the heaven, towards which the plant matures into a towering tree, as the Tae Kwon-Do progresses.

The meaning of Red:

Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Parts of the body

Side Sole Yop Balbadak

Arc Hand Bandal Son

Side Fist Yop Joomuk

Korean Terms

Mid-section upset Dwijibo

Low-section upset Dwijibun

What is free sparring?

Jayoo matsoki Free sparring

Free sparring is basically putting what has been learnt so far into practise, with no pre warning of attack. Therefore, not as many defending techniques can be practised as in the other forms of sparring. Free sparring can be practised with no pads and should be strictly non-contact. Semi contact sparring is allowed only when adequate supervision (i.e. safety boots and gloves are worn). This type of sparring must only be carried out under strict supervision of a qualified instructor.

Sparring terms

2 step sparring Ibo Matsoki

What is 2 step sparring?

Two step sparring is designed for the intermediate student to learn more advanced techniques, using the same timing and distance as in the three step sparring, but with more varied attacks, thus allowing the attacking student to develop various combinations.

All attacks are: *right leg back in L Stance with a forearm guard.*

5. Attack

Right leg back kick.

Walk forwards into left walking stance, high obverse palm strike

Defence & counter

Right leg back, L stance, open palm waist block.

Left leg back into L stance, inward outer forearm block.

Slide front foot forward in walking stance and mid-section left reverse knife hand to the solar plexus.

6. Attack

Right leg high turning kick land in front.

Walk forwards into a left walking stance, arc hand strike to throat.

Defence & counter

Move left diagonally forming a sitting stance, twin straight forearm block.

Right leg back L stance with a palm hooking block (grabbing the arm).

Left side kick (still holding the grabbed arm).

7. Attack

Move right leg into fixed stance, side fist strike.

Left leg mid-section reverse turning kick, land in front.

Defence & counter

Left back into L stance, twin forearm block.

Right leg back L stance, knife hand guarding block (sliding away using the block as guard only).

Right leg high reverse turning kick.

8. Attack

Right leg mid-section side kick, land in front.

Forwards high spinning knife hand strike into right L stance (turning anti clockwise).

Defence & counter

Right leg back, L stance, inward moving inner forearm waist block.

Step left foot to right, step back into right L stance, knife hand block.

Jump left leg into X stance, high back fist side strike to back of neck.

Joong Gun

BLOCKS

Twin Straight Forearm Block

Pressing Block

Downwards Block

X Block

U Shaped Block

Sang Sun Palmok Makgi

Noollo Makgi

Naeryo Makgi

Kyocha Makgi

Digutja Makgi

KICKS

Back Kick

Pressing Kick

Reverse Turning Hook Kick

Dwit Chagi

Noollo Chagi

Bandae Dollyo Goro Chagi

PUNCHES

Turning Punch

Twin Upset Punch

Dollyo Jirugi

Sang Dwijibo Jirugi

STANCES

Rear Foot Stance

Low Stance

Dwit Bal Sogi

Nachua Sogi

STRIKES

Upper Elbow Strike

Wi Palkup Taerigi

