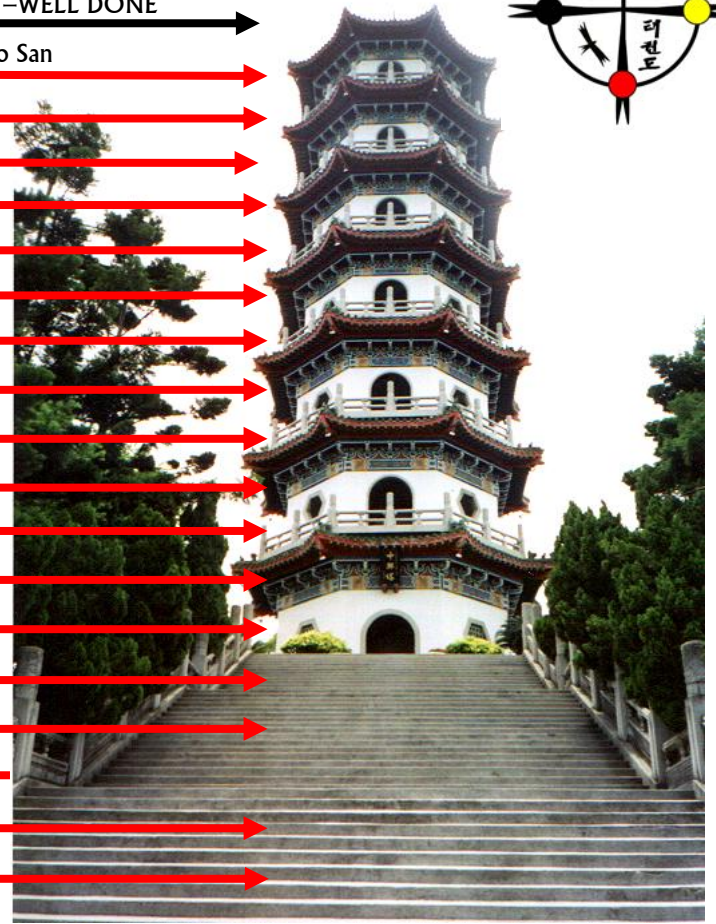


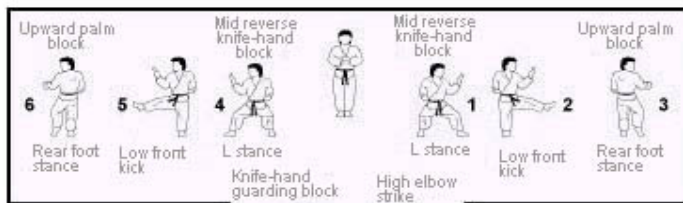


Name of Future Black Belt

- READY TO GRADUATE TO THE NEXT LEVEL –WELL DONE
- 4 Directional punch & Block, Chon Ji, Dan Gun, Do San
- Joong Gun Pattern—complete
- Step Sparring— One step & 3 Step Sparring
- U Shape Block
- Angle Punch
- Palm Pressing Block
- Double Forearm Block
- Reverse Turning Kick, Flying Side kick
- Choke from Behind defence
- 20 Press Ups, 20 Sit ups
- Joong Gun pattern moves 1-12
- Sparring: Free, Semi free
- Twin Vertical & upset punches
- Stances: Closed, Rear foot, Low, Fixed
- Upwards Elbow Strike
- Upwards Palm block
- Side Front Snap Kick
- Reverse Knifehand Block

Joong Gun Module going for Blue Stripe through to Red Belt

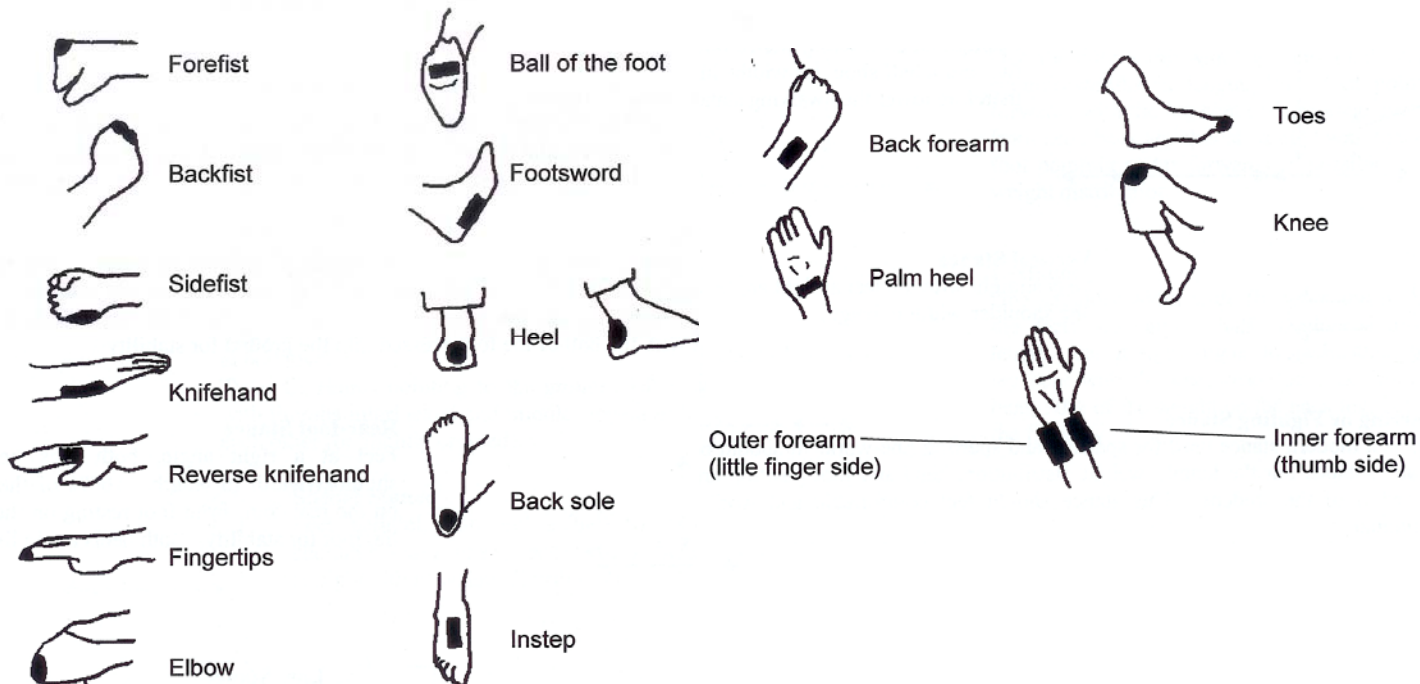




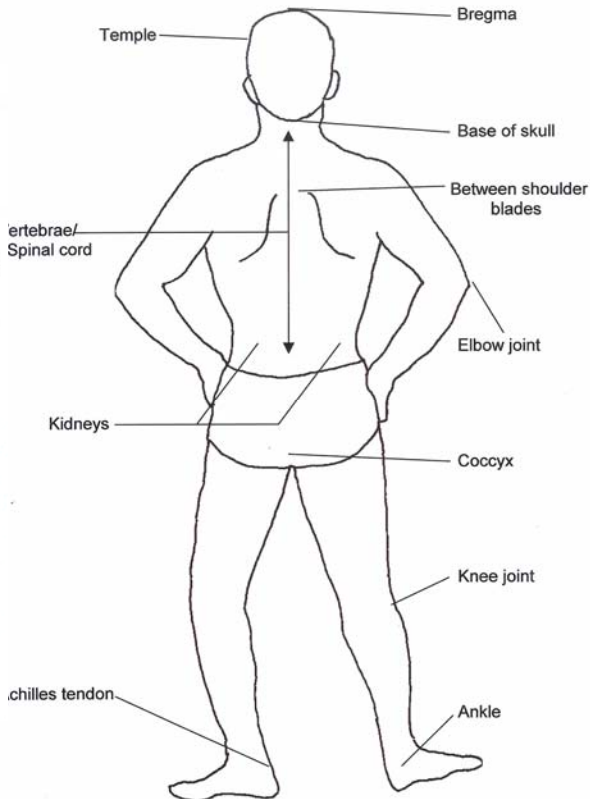
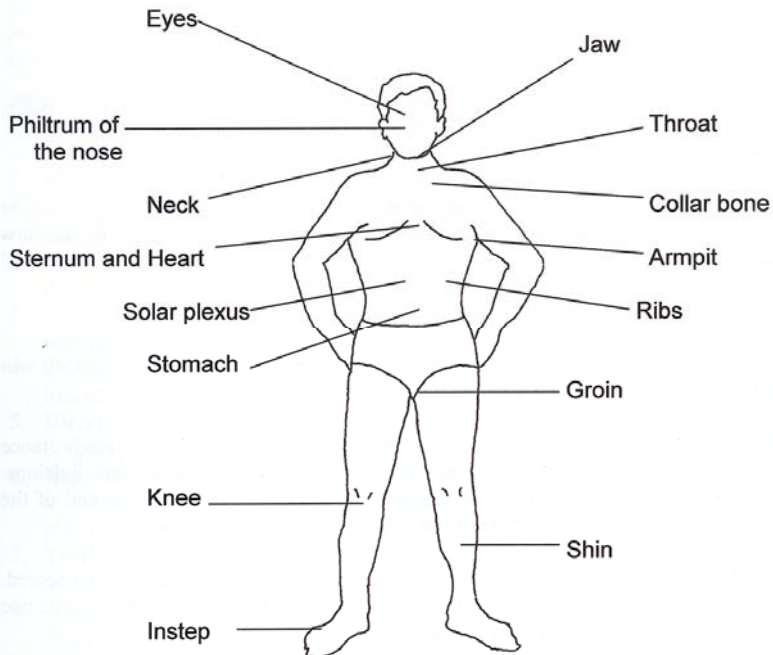
JOONG-GUN

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 at Lui-Shung prison (1910).

Blocking and Attacking Tools



Body Targets– Vital Spots



Name of Future Black Belt

Joong-Gun Module

**GRADUATION
CARD**
Photograph

Bring to
grading with
grading fee

Focus Area— Page 1	E	P	CP	Comments	Flow a,b,c,d ,e,u	Effort	Focus
4 Directional Punch, Chon-Ji Tul, Dan Gun Tul, Do-San Tul							
20 press Ups, 20 sit ups, 20 squat thrusts							
Previous Line Work							
Kicks— front, side, reverse side, turning, hook plus Step Through kicks							
3 step sparring 1-8							
Reverse Knife Hand block							
Rear Foot Stance							
Upwards palm block							
Upwards Elbow Strike							
Twin Vertical Punch							
Twin Upset Punch							
X-Fist rising block							
Self Defence—Choke from behind							

Date of Belt
Graduation

Grading
Fee

1 MODULE

2 MODULES

3 MODULES

4 MODULES

Licence No

Name of Future Black Belt

Joong-Gun Module

Focus Area— Page 2	E	P	CP	Comments	Flow a,b,s,d, e,u	Effort	Focus
Double Forearm Block							
Palm Pressing Block							
Turning Punch	-						
U—Shaped Block							
Low Stance							
Reverse Turning Kick							
Flying side Kick							
Pattern Joong– Gun							
One Step Sparring 1 and 2							
Free Sparring (Jayoo Matsoki)							
Power tests							
Questions							

Review meeting

Target Belt-

1 MODULE

2 MODULES

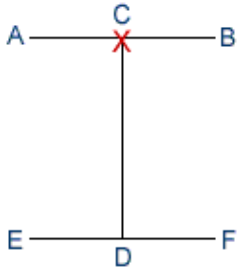
3 MODULES

4 MODULES

Examiner

Result

Examiner



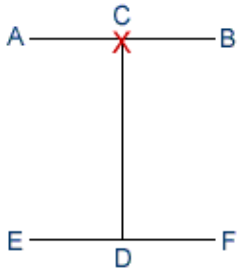
JOONG-GUN 중근 Pattern pg1



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 Lui-Shung prison

START IN CLOSED READY STANCE "B" (Open left hand around right fist, at navel)

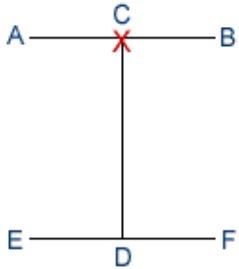
1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low 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 A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
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. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.



JOONG-GUN 중근 Pattern pg2



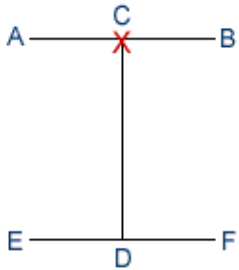
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
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.
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.
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.
15. Perform a release motion by twisting 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.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. (Perform 15 and 16 in a fast motion.)
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 side strike to F with a right back fist.



JOONG-GUN 중근 Pattern pg3



18. Perform a release motion by twisting 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. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. (Perform 18 and 19 in a fast motion.)
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.
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.
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 pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. (Perform in slow motion.) N.B The left palm should finish palm upwards at



JOONG-GUN 중근 Pattern pg4



Ahn shot Ito as he stepped off the train. He was indeed captured by Japanese troops, and imprisoned at Port Arthur. Whilst in the Japanese prisons, he suffered five months of barbaric torture. Other prisoners told that despite this unbelievable treatment, his spirit never broke.

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 C, slipping the right foot to C. Perform in a slow motion. N.B The right palm should finish palm upwards at sola-plexes height (for reaction force)
 30. Bring the left foot to the right foot forming a closed stance toward A while executing a turning punch with the right fist. (Perform in slow motion.) Ensure the hands & feet finish moving at the same time.
 31. Move the right foot to A forming a right fixed stance toward A while executing a stick block (or U-shape block) towards A.
 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 stick block (or U-shape block) to B.
- END:** Bring the left foot back to a ready posture.

Questions & Answers

Joong- Gun Module



	Questions	Answers (Juniors under 12 only need to know the sections in red)
1	Why do we “measure” before practicing breaking?	“Measuring up” means:- <ol style="list-style-type: none">1. We can check we are striking with the correct part of the body2. We can rehearse/ practice the move slowly and this helps us perform the correct technique when we move at full speed.3. We can focus our mind on hitting the line of the break board or target..... Sir/ ma’am
2	Why do we practice “Free Sparring”?	It is not like a real defence situation but it is a valuable exercise to develop our timing, distancing, awareness, movement and quick response time . It is also an enjoyable game and can be an exhilarating sport..... Sir/Ma’am
3	What is the pattern Joong-Gun named after?	The pattern is named after a patriot Ahn Joong-Gun who fought for his country. He demonstrated real courage and was prepared to give his life for what he believed in. He assassinated the Japanese Governor of Korea as part of the resistance movements efforts to bring Korea its Independence. . Sir /Ma’am
4	How many moves in Joong-Gun pattern and why was this number chosen?	The 32 moves refer to his age when he was executed...Sir/ ma’am
5	What do the Belt colours , white, yellow, green , blue and red represent?	See grading page for answers
6	Can you name and point to vital targets on the body ?	Juniors...name 5, Seniors name 10

Questions & Answers

Joong-Gun Module



	Questions	Answers (Juniors under 12 only need to know the sections in red)
7	What is “One Step Sparring” and Why do we practice it?	<p>One step sparring is the most realistic form of sparring and more closely resemble defence in a real life situation. There is no warning of the attack and the attacker is much closer than in “3 step” or “2 Step” sparring.</p> <p>There are 3 stages of “One Step Sparring” :-</p> <ul style="list-style-type: none">A. Set sequencesB. One Step BASIC (attacks are always a punch but create your own defences)C. One Step ADVANCED (Unknown type of attack) Sir/ Ma’am
8	How would you describe making a “Low Stance”?	Weight evenly distributed on both legs. A longer and lower version of “Walking Stance”. Two to two and a half shoulder widths long and one shoulder width wide...Sir/ Ma’am
9	In the pattern Joong-Gun there is a release from a grab move, what is the grab according to General Choi?	The backfist side strike is stopped and a 2 handed grab to the back fist has to be defended against.... Sir/ Ma’am
10	In pattern Joong-Gun can give 2 applications of the Arc Hand U shaped block?	A., Grabbing and removing stick from an attacker B. Using Arc hands to intercept a charging attacker, one hand to the throat and the other to the groin area.... Sir/ Ma’am
11	It what ways has learning Taekwon-do (and other martial arts) affected your life?	Your own answer.... Sir/ Ma’am