



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

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| 1. Left Ridgehand Block | Left Cat Stance |
| 2. Left Front Kick | |
| 3. Right Palm Heel Upset Strike | Right Back Stance |
| 4. Right Ridgehand Block | Right Cat Stance |
| 5. Right Front Kick | |
| 6. Left Palm Heel Upset Strike | Left Back Stance |
| 7. Left Double Knifehand Block | Left Back Stance |
| 8. Right Reverse Upper Elbow High | Left Front Stance |
| 9. Right Double Knifehand Block | Right Back Stance |
| 10. Left Reverse Upper Elbow High | Right Front Stance |
| 11. Twin Punch High | Left Front Stance |
| 12. Twin Upset Punch Middle (Ki-Hap) | Right Front Stance |
| 13. Left X-Block High | Left Front Stance |
| 14. Left Backfist | Left Back Stance |
| 15. Left Wrist Release | Left Back Stance |
| 16. Right Reverse Punch High | Left Front Stance |
| 17. Right Backfist | Right Back Stance |
| 18. Right Wrist Release | Right Back Stance |
| 19. Left Reverse Punch High | Right Front Stance |
| 20. Left Double Inner Forearm Block | Left Front Stance |
| 21. Left Punch High | Left Back Stance |
| 22. Right Side Kick | |
| 23. Right Double Inner Forearm Block | Right Front Stance |



24. Right Punch High	Right Back Stance
25. Left Side Kick	
26. Left Double Fist Block	Left Back Stance
27. Left Double Palm Heel Press Block (Medium)	Left Front Stance
28. Right Double Fist Block	Right Back Stance
29. Right Double Palm Heel Press Block (Medium)	Right Front Stance
30. Right Horizontal Punch (Medium)	Closed Stance
31. Right C-Block	Right Back Stance
32. Left C-Block (Ki-Hap)	Left Back Stance

