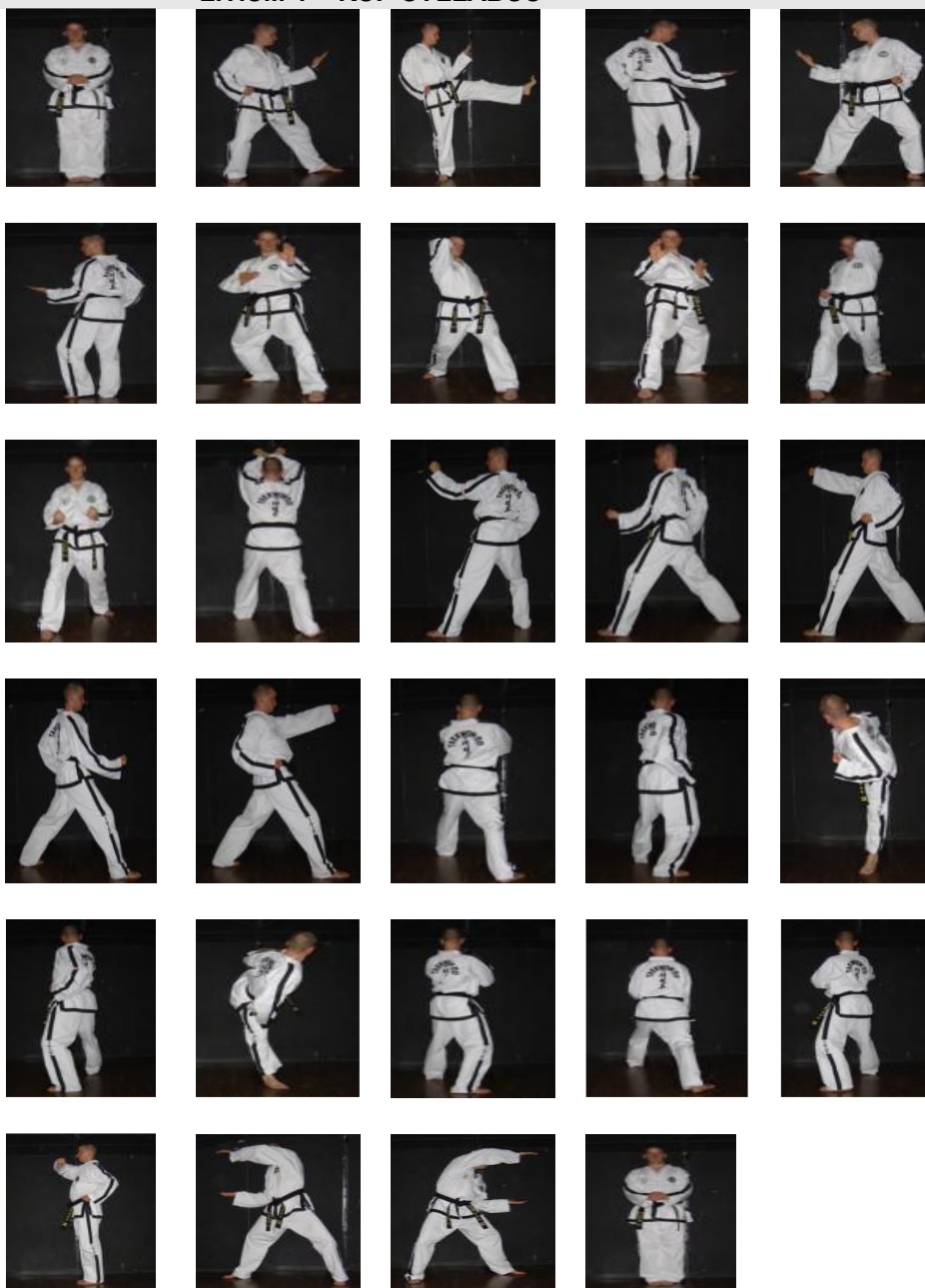
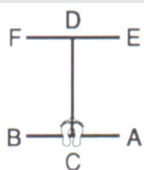


L.T.S.I. 4TH KUP SYLLABUS



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JOONG-GUN


Movements - 32

Ready Posture - CLOSED READY STANCE B

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 side 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 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 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.
 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. 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.
 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.
 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. 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.
 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.
 30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
 31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to 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 U-shape block to B.
- END:** Bring the left foot back to a ready posture

Physical	
All Tuls	All patterns learnt to date
Sparring	2 x 1 Minute Sparring pads on and off
Sparring	Free sparring 1-v-1, One-step (Ilbo Matsogi), Two-step & three-step sparring.
<p><u>One Step Format:</u></p> <p>Attacker & Defender come to attention and bow to each other Attacker forms a parallel ready stance by shifting the right foot. (This will be the ready posture for commencement of all attacks in one step sparring)</p> <p>The attackers warning shout is simultaneous to the commencement of attack using ONLY advanced hand attacks in a walking stance. Defender adopts an appropriate safe distance prior to forming a parallel ready stance by shifting the left foot. (This will be the ready posture for commencement of all defence in one step sparring)</p> <p>The defender uses appropriate defensive (hand, arm) blocks/moves prior to counter attacking techniques (A combination of advanced hand counter attacks may be introduced according to the student capabilities). Attacker & Defender to alternate roles.</p> <p>NOTE: A Shout (Kihup) <u>MUST</u> coincide with the delivery of the final of all counter attacking movements by the defender.</p> <p>Breaking <i>Reverse Turning Kick (L & R) red board Juniors to kick focus pad.</i></p>	

Theory:	
1	<p>Joong-Gun has 32 movements. Joong-Gun 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 of the “Korea-Japan” merger. There are 32 movements in this “pattern” to represent Mr. An’s age when he was executed at Lui-Shung prison (1910).</p>
2	<p>Ready posture for Joong-Gun: Close Ready Stance B: Moa Junbi Sogi B.</p>
3	<p>Reverse knife hand middle block: Songkal Dung Kaunde Makgi.</p>
4	<p>Palm upward block: Sonbadak Oilyo Makgi.</p>
5	<p>Upper elbow strike: Wi Palkup Taerigi.</p>
6	<p>Consecutive stance: Yonsok Sogi (<i>Converting from one stance to another without stepping forward.</i>)</p>
7	<p>Twin vertical punch: Sang Sewo Jirugi.</p>
8	<p>U Shape Block:- Digutja Makgi</p>
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Theory Continued	
9	Twin upset punch: Sang Dwijibo Jirugi
10	X-Fist rising block: Kyocha Joomok Chookyo Makgi
11	Release Movement: Baegi
12	Palm pressing block: Sonbadak Nollo Makgi
13	Angle punch: Kyockja Jirugi
14	Twin arc hand U shape block: Sang Bandalson Digtja Makgi
New Stance	
9	<div style="border: 1px solid black; padding: 10px;"> <p>Rear Foot Stance: Dwit Bal Sogi</p> <p>Length: 1 Shoulders Wide. (measurement is taken from the tip of the big toe of the front foot to the footsword of the rear foot)</p> <p>Width: The width of your foot.</p> <p>Weight: 10% WEIGHT is distributed on the front leg. 90% WEIGHT is distributed on the rear leg.</p> <p>Toes of the rear foot are turned at an angle of 15° inwards. Heel of the front foot is in line with the heel of the rear foot. Toes (foot resting lightly on the ball of the foot) of the front foot are turned at an angle of 25° inwards. Knee of rear leg is bent until it is over the toes. Knee of front leg is bent slightly. Rear leg indicates as to whether it is a right or left Rear Foot Stance.</p>  </div>