

BLUE BELT to RED STRIPE

PATTERN:

JOONG GUN TUL

SELF-DEFENSE:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

TWO STEP SPARRING:

Refer to "The Official USTC Color Belt Testing Requirements" video or your Instructor for details.

KICKING COMBINATIONS:

Mid-Air 180° Back Piercing Kick, Mid-Air 180° Reverse Hooking Kick

FREE SPARRING:

Against 1 Partner

BREAKING:

Reverse Turning Kick (Power)
Mid-Air Reverse Hooking Kick (Speed)

QUESTIONS:

You will be required to answer the following:

1. Class Structure

1. Meditation

2. Warm-up: Punches, push-ups, sit-ups, jumping jacks, etc. - 5 min

3. Stretching: 10-20 min

4. Basic kicks/blocks: 5-10 min

5. Patterns: 5-15 min

6. Self-defense: 5 min

7. Step Sparring: 5 min

8. Combinations: 5 min

9. Free sparring, rolling on the mat, weapons training, Judo techniques, training with the heavy bag, relay races, etc.

10. Meditation

2. What is the 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. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

All candidates must obtain USTC membership prior to testing.

3. How many movements are in JOONG-GUN?

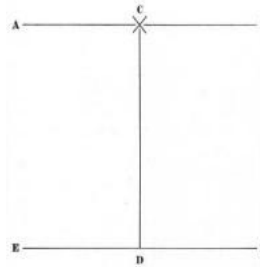
32 movements

JOONG GUN

Movements – 32

Ready Posture - CLOSED READY STANCE B

The illustrations for this pattern assume that the student is standing on line AB and facing D.



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.

