

# Joon-Gun

*Punches High*

Closed Ready Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Ridgehand Innerforearm Block	Left Catstance
2	Left #1 Front Kick	
3	Right Uppercut Palm Block	Right Backstance
4	Right Ridgehand Innerforearm Block	Right Catstance
5	Right #1 Front Kick	
6	Left Uppercut Palm Block	Left Backstance
7	Left Double Knifehand Block	Left Backstance
8	Right Reverse Upper Elbow	Left Frontstance
9	Right Double Knifehand Block	Right Backstance
10	Left Reverse Upper Elbow	Right Frontstance
11	Twin Face Punch	Left Frontstance
12	<b><u>Twin Uppercut</u></b>	Right Frontstance
13	Left X-Block High	Left Frontstance
14	Left Backfist	Left Backstance
15	Right Reverse Punch	Left Frontstance
16	Right Backfist	Right Backstance
17	Left Reverse Punch	Right Frontstance
18	Left Double Innerforearm Block	Left Frontstance
19	Left Lunge Punch	Left Fixed Backstance
20	Transition	Left One-Leg Balance Stance
21	Right #2 Side Kick	
22	Right Double Innerforearm Block	Right Frontstance
23	Right Lunge Punch	Right Fixed Backstance
24	Transition	Right One-Leg Balance Stance
25	Left #2 Side Kick	
26	Left Double Fist Block	Left Backstance
27	Left Double Press Block	Left Frontstance
28	Right Double Fist Block	Right Backstance
29	Right Double Press Block	Right Frontstance
30	<b><u>Right Hook Punch</u></b>	Closed Stance
31	Right Pole Block	Right Backstance
32	Left Pole Block	Left Backstance

**Joon-Gun (32 movements):** 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 patter to represent Mr Ahn's age when he was executed at Lui-Shung in 1910.