**JOON GUN**

Blue Belt Form

Meaning: Named after the patriot Ahn Joon Gun, who assassinated Hyro Bumi Ito, the first Japanese Governor-General of Korea. Its 32 movements represent his age when he was executed in Lui-Shung Prison 1910.

Shape: I

Number of movements: 32

Kihap Points: 12 & 32

Begin at Ready Stance B (Cover right fist with left hand, hold at the same level as your waist, feet together):

1-3. Step to left into right back stance, ridge hand block, lead leg front kick, continue to step to left into a rear foot stance scooping block

4-6. Turn 180 degrees (back side), step to right into left back stance, ridge hand block, lead leg front kick, continue to step to right into a rear foot stance scooping block

7-8. Turn 90 degrees (back side – toward “front” of room), right back stance double knife hand block, transition into left leg front stance vertical elbow.

9-10. Right foot moves (back leg) to meet left foot, slide out into back stance double knife hand block, transition into right leg front stance vertical elbow.

11. Step forward into left front stance twin face punch

12. Step forward into right front stance twin upset punch (**KIHAP**)

13. Right foot take a step to left, turn body 180 degrees (belt side turn – toward “back” of room – this is called Dwi-Ro-Dora in Korean), left foot steps out to left into front stance, high section x-block

14-16. Turn 90 degrees (back side – toward your left), left foot moves to meet right foot, slide left foot out into a right back stance with back fist strike, open left foot up into front stance while dropping left hand, perform reverse punch

17-19. Turn 180 degrees (back side – toward your right), left foot moves to meet right foot, slide right foot out into a left back stance with back fist strike, open right foot up into front stance while dropping right hand, perform reverse punch.

20-21. Turn 90 degrees (belt side – toward back of room), right foot moves to meet left foot, slide left foot out into front stance, perform push block switch to right fixed stance punch

22-24. Side kick with rear leg (right foot) land in right front stance push block switch to left fixed stance punch

25-27. Side kick with rear leg (left foot) land in right back stance guarding block, open to left front stance pressing block.

28-29. Right foot moves to step to left back stance guarding block, open to right front stance pressing block.

30. Pull left (rear) foot into walking stance with hook punch

31 Pivot left foot 90 degrees, slide right foot out into back stance stick block

32. Right foot moves to meet left foot (180 degrees (belt side turn)) slide left foot out into right back stance stick block (**KIHAP**)

*\*\*When called back to ready, return to ready stance B*