

Joong-Gun
Close Ready Stance B

1. Step left foot into a right L-stance (facing west) while executing a (high) straight ridge-hand block.
- 2a. Maintain block while executing a (high, left leg) front-snap kick to the west.
- 2b. Set down into a right L-stance and snap right foot into a left rear-foot stance (facing west) while executing a (straight, inward) scooping block (right elbow at point of hip, palm extended west-southwest).
3. Spin clockwise on left foot and step right foot into a left L-stance (facing east) while executing a (high) straight ridge-hand block.
- 4a. Maintain block while executing a (high, right leg) front-snap kick to the east.
- 4b. Set down into a left L-stance and snap left foot into a right rear-foot stance (facing east) while executing a (straight, inward) scooping block (left elbow at point of hip, palm extended east-southeast).
5. Step left foot into a right L-stance (facing north) while executing a double knife-hand block.
6. Shift left foot into a left walking stance (facing north) while executing a reverse #4-elbow strike.
7. Step right foot into a left L-stance (facing north) while executing a double knife-hand block.
8. Shift right foot into a right walking stance (facing north) while executing a reverse #4-elbow strike.
9. Step left foot into a left walking stance (facing north) while executing a (high) vertical twin-fist punch.
10. Step right foot into a right walking stance (facing north) while executing a (middle) double upset punch.
11. Half step right foot to the west, turn counterclockwise and step left foot into a left walking stance (facing south) while executing a (middle) X-block.
12. Step left foot into a right L-stance (facing east) while executing a (high, outward) straight back-fist strike.
- 13a. Shift left foot into a left walking stance (facing east) while breaking a wrist grab (left hand extends like a straight punch).
- 13b. Maintain left walking stance while executing a (middle) reverse punch to the east.
14. Step left foot to right foot and step right foot into a left L-stance (facing west) while executing a (high, outward) straight back-fist strike.
- 15a. Shift right foot into a right walking stance (facing west) while breaking a wrist grab (right hand extends like a straight punch).
- 15b. Maintain right walking stance while executing a (middle) reverse punch to the west.
16. Step right foot to left foot and step left foot into a left walking stance (facing south) while executing a (straight) double forearm block.
17. Shift left foot into a right L-stance (facing south) while executing a (middle) straight punch.
- 18a. Execute a (high, right leg) side-piercing kick to the south.
- 18b. Set down into a right walking stance (facing south) while executing a (straight) double forearm block.
19. Shift right foot into a left L-stance (facing south) while executing a (middle) straight

punch.

- 20a. Execute a (high, left leg) side-piercing kick to the south.
- 20b. Set down into a right L-stance (facing south) while executing a guarding block.
 - 21. Shift left foot into a left walking stance (facing south) while executing a straight pressing block.
 - 22. Step right foot into a left L-stance (facing south) while executing a guarding block.
 - 23. Shift right foot into a right walking stance (facing south) while executing a straight pressing block.
 - 24. Snap left foot into a close ready stance (facing east) while executing a (high) right crescent punch.
 - 25. Step right foot into a left L-stance (facing east) while executing a U-block.
 - 26. Step right foot to left foot and step left foot into a right L-stance (facing west) while executing a U-block.

Move Left Foot To Paro

Pattern Count: 26

(Techniques: 32)

Definition: **Joong-Gun**: This pattern should remind the Se-Jong student how important patriotism is, and it should remind the Se-Jong student of all the men and women, in history of the United States, who died in service to our freedoms.

(5th.Grade-Green Belt with Blue Stripe---First Awareness of Ideals.)