

Joong Gun

Stand at Charyet and hold your right fist with your left hand (Ready Stance B).

1. Move the left foot 90 degrees left, into an L shaped stance. Execute a Middle Ridgehand Block as you shift into a Back Stance.
2. Do a low Front Snapping Kick with the left foot, keeping your hands in the Ridgehand Block position.
3. Lower your left foot and then move the right foot forward into a Cat Stance and do an upward Palm Heel Block with the right hand.
4. Form your right hand into a Ridgehand and look right and lift the front foot and turn 180 degrees to the right landing in an L shaped Stance and do a right Middle Ridgehand Block, in a Back Stance.
5. Keeping your hands in place, execute a low Front Snapping Kick.
6. Lower your kicking foot and move the back foot forward into a Cat Stance and do an upward Palm Heel Block with the left hand.
7. Move the left foot 90 degrees to the left to an L Shaped Stance and do a Knifehand Guarding Block as you shift into a Back Stance.
8. Move the front foot to the left into a Front Stance and do a high Reverse Elbow Strike with the right arm.
9. Step forward into an L Shaped Stance and do a Knifehand Guarding Block, as you shift into a Back Stance.
10. Move the front foot to the right into a Front Stance and execute a Reverse Elbow Strike.
11. Step forward to a Front Stance and do a high Twin Vertical Punch.
12. Step forward into a Front Stance and do a Twin Upset Punch.
13. Rechamber the hands and look left. Move the right foot back to the left foot and turn 180 degrees to the left and step out into a Front Stance and execute a Crossing High Block.
14. Move your left foot 90 degrees to the left into a Fixed Stance and execute a Backfist Strike, head high.
15. Twist the Backfist and pull to your back shoulder to break a grip on your wrist.
16. Move your front foot left into a Front Stance and do a Reverse High Punch.
17. Look right and then move the left foot to the right foot and then step out with the right foot into a Fixed Stance. Execute a right Backfist Strike to the head.
18. Twist the right fist and pull to your back shoulder.
19. Move your front foot to the right into a Front Stance and do a Reverse High Punch.
20. Bring the right foot to the left foot and then move the left foot forward into a Front Stance and do a Double Forearm Block (Augmented Block).
21. Move the front foot over and turn your back foot sideways to form a Fixed Stance and do a Middle Punch.
22. Do a Reverse Side Kick, and Rechamber the kick.
23. Lower your chambered leg to a Front Stance. Do a Double Forearm Block (Augmented Block).
24. Move the front foot to form a Fixed Stance and do a Middle Punch.
25. Do a Reverse Side Kick, rechamber the kick.
26. Lower the foot to an L Shaped Stance and shift to a Back Stance as you do a Guarding Block.

27. Move the front foot to a Front Stance and make both hands into Palm Heels, placing the front Palm Heel over your front knee and other Palm Heel raised in front of you. As you twist your upper body, slowly move your Palms Heels up and down, turning the palms as they pass each other, Twin Palmheel Block.

28. Step forward into an L Shaped Stance and as you shift back, do a Guarding Block.

29. Move the front foot to a Front Stance. Form hands into Palm Heels. Place your front hand over the front knee and as you straighten your body, do slow motion Twin Palm Heel Blocks.

30. Look left and draw your left foot to the right foot, as you turn 90 degrees to the left. At this point, your left arm is extended like a Low Block, and your right fist is chambered. Bring the right fist over the left fist in a slow motion move, Angle Punch, shoulder high for the punch.

31. Open your hands and move the right foot forward into a Fixed Stance and execute a U shaped Block.

32. Lower your upper hand so that both hands are facing each other. Look left and step with your front foot back to your left foot and then step out with your left foot into a Fixed Stance, execute a U Shaped Block.

Kiap on the last move and say the name of the form, Joong Gun.

Baro: Bring the left foot to Ready Position A and then come back to Attention.

Diagram I (Capital i)

32 Moves