



# West Coast Taekwondo

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## Blue Belt Pattern

### JOONG-GUN (32 movements)

Named after the patriot An Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this "pattern" to represent Mr. An's age when he was executed at Lui-Shin prison in 1910.

- |    |                                   |                    |
|----|-----------------------------------|--------------------|
|    | Ready Stance B                    |                    |
| 1  | Left Ridge Hand Block             | Left Cat Stance    |
| 2  | Left #1 Front Kick                |                    |
| 3  | Right Palm Heel Upset Strike High | Right Back Stance  |
| 4  | Right Ridge Hand Block            | Right Cat Stance   |
| 5  | Right #1 Front Kick               |                    |
| 6  | Left Palm Heel Upset Strike High  | Left Back Stance   |
| 7  | Left Double Knifehand Block       | Left Back Stance   |
| 8  | Right Reverse Upper Elbow High    | Left Front Stance  |
| 9  | Right Double Knifehand Block      | Right Back Stance  |
| 10 | Left Reverse Upper Elbow High     | Right Front Stance |
| 11 | Twin Punch High                   | Left Front Stance  |
| 12 | Twin Upset Punch Middle (Yell)    | Right Front Stance |

#### STRIPES:

- |        |  |
|--------|--|
| Black  | I Wills (for Junior Students)                                |
| Yellow | Ki-Bon & Dan-Gun   |
| Green  | Spin Axe Kick, #1 Heel Kick, #1 Twist / #2 Jump Round Combo  |
| Blue   | Joong-Gun Half Form, Name of Form, Number of Moves & Meaning |
| Red    | Free spar with Belt Rank Kicks                               |