



# West Coast Taekwondo

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## Blue Senior 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
13	Left X-Block High	Left Front Stance
14	Left Backfist High	Left Back Stance
15	Left Pull Back	Left Back Stance
16	Right Reverse Punch High	Left Front Stance
17	Right Backfist High	Right Back Stance
18	Right Pull Back	Right Back Stance
19	Left Reverse Punch High	Right Front Stance
20	Left Double Inner Forearm Block	Left Front Stance
21	Left Punch High	Left Back Stance
22	Right #2 Side Kick	
23	Right Double Inner Forearm Block	Right Front Stance
24	Right Punch High	Right Back Stance
25	Left #2 Side Kick	
26	Left Double Fist Block	Left Back Stance
27	Left Double Pressing Block	Left Front Stance
28	Right Double Fist Block	Right Back Stance
29	Right Double Pressing Block	Right Front Stance
30	Right Horizontal Punch (Medium)	Closed Stance
31	Right C-Block	Right Back Stance
32	Left C-Block (Yell)	Left Back Stance

### STRIPES:

Black	I Wills (for Junior Students)
Yellow	Do-San
Green	Spin Round, Spin Heel, Butterfly Kick
Blue	Joong-Gun Full Form, Name of Form, Number of Moves & Meaning
Red	Free Spar with Belt Rank Kicks