

REVISION NOTES

1. GENERAL TERMS

Forging post DOLLYON JOO

2. PARTS OF THE BODY

Side sole YOP BAL BADAK
Arc hand BANDAL SON

3. STANCES

Rear foot stance DWIT BAL SOGI
Low stance NACHUO SOGI

4. BASIC MOVEMENTS**1. DEFENSIVE**

X-block KYOCHA MAKGI
Pressing block NOOLLO MAKGI
Downwards block NAERYO MAKGI
Scooping block DURO MAKGI
Upward palm block OLLYO SONBADAK MAKGI

2. OFFENSIVE

Turning punch DOLLYO JIRUGI
Twin upset punch SANG DWIJIBO JIRUGI
Upper elbow strike WI PALKUP TAERIGI
Downwards kick NAERYO CHAGI
Back kick DWIT CHAGI
Pressing kick NOOLLO CHAGI
Side thrust kick YOP CHA TULGI
Rev. turning-
-hooking kick BANDAE DOLLYO GORO CHAGI
Consecutive kick YONSOK CHAGI

5. PATTERN (TUL)

JOONG GUN 32 MOVES

6. SPARRING (MATSOKI)

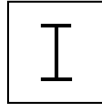
One step sparring ILBO MATSOKI

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PATTERN JOON-GUN

NUMBER OF MOVEMENTS 32

DIAGRAM



STEP	MOVE	STANCE	TECHNIQUE
			START IN MOA CHUNBI SOGI B
1	To Left	R Niunja	Kaunde Sonkal Dung Makgi
2	-	-	Najunde Ap Chabusigi
3	Fwd	L Dwit Bal	K.Ollyo Son Badak Makgi
4	About Turn	L Niunja	Kaunde Sonkal Dung Makgi
5	-	-	Najunde Ap Chabusigi
6	Fwd	R Dwit Bal	K.Ollyo Son Badak Makgi
7	L90	R Niunja	Kaunde Sonkal Daebi Makgi
8	Slip Front Foot	L Gunnun	Wi Palkup
9	Fwd	L Niunja	Kaunde Sonkal Daebi Makgi
10	Slip Front Foot	R Gunnun	Wi Palkup
11	Fwd	L Gunnun	Nopunde Sang Sewo Jirugi
12	Fwd	R Gunnun	Sang Dwijibo Jirugi
13	Dwiyo Torro	L Gunnun	Chookyo Kyocha Makgi
14	L90	R Niunja	Nopunde Dung Joomuk Taerigi
15	Slip Front Foot	L Gunnun	Release Move
16	-	L Gunnun	Nopunde Bandae Jirugi
17	L To R Move R	L Niunja	Nopunde Dung Joomuk Taerigi
18	Slip R Foot	R Gunnun	Release Move
19	-	R Gunnun	Nopunde Bandae Jirugi
20	R Foot To L Fwd To	L Gunnun	Nopunde Doo Palmok Makgi
21	Pull L Foot	R Niunja	Kaunde Yop Jirugi
22	Fwd	-	Kaunde Yop Chajirugi
23	Land In	R Gunnun	Nopunde Doo Palmok Makgi
24	Pull In R Foot	L Niunja	Kaunde Yop Jirugi
25	Fwd	-	Kaunde Yop Chajirugi
26	Land In	R Niunja	Kaunde Palmok Daebi Makgi
27	Slip L Foot	L Nachuo	Noollo Makgi
28	Fwd	L Niunja	Kaunde Palmok Daebi Makgi

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29	Slip R Foot	R Nachuo	Noollo Makgi
30	L To R Turn 90	Moa	Kaunde Dollyo Jirugi
31	R Fwd	R Gojong	Digutja Makgi
32	R To L About Turn	L Gojong	Digutja Makgi

