

Turner Taekwon-Do

Blue Belt

PATTERN	JOONG GUN
No. OF MOVEMENTS	32
No. OF STANCES	5
INTERPRETATION	Joong Gun is 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 on the Korea-Japan merger. There are 32 movements in this “pattern” to represent Mr. An’s age when he was executed in Lui Shung prison in 1910.
READY POSITION	CLOSED READY STANCE ‘B’ MOA JUNBI SOGI ‘B’

RED Signifies “danger” cautioning the student to exercise control and the opponent to stay away.

JOONG GUN TUL

REVERSE KNIFEHAND BLOCK
SONKAL DUNG MAKI

REAR FOOT STANCE
DWIT BAL SOGI

UPWARD PALM BLOCK
SONBADAK OLLYO MAKI

UPPER ELBOW STRIKE
WI PALKUP TAERIGI

TWIN VERTICAL PUNCH
SANG SEWO JURIGI

TWIN UPSET PUNCH
SANG DWIJIBO JURIGI

X FIST RISING BLOCK
KYOCHA JOOMUK CHOOKYO MAKI

TWIN PALM PRESSING BLOCK
SANG SONBADAK NOOLO MAKI

CLOSED STANCE TURNING PUNCH
MOA SOGI DOLLYO JURIGI

U BLOCK
DIGUTCHA MAKI

ONE STEP SPARRING
ILBO MATSOKI