

## Choong-Gun (Volume09 211 to 285)

(index)

### PATTERN JOONG-GUN

This pattern is practised by the 4th grade holder and above.

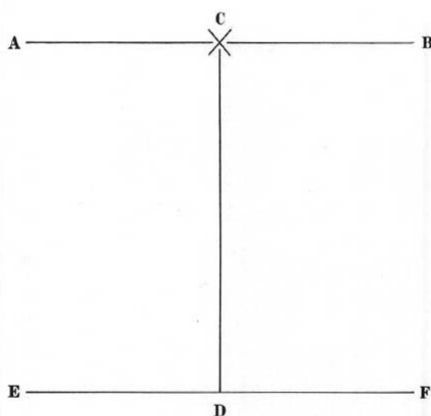
DIAGRAM: 卍

MOVEMENTS: 32

READY POSTURE: CLOSE READY STANCE B.

211

DIAGRAM (Yon Moo Son)



212

Ready Posture (Junbi Jase)

Close ready stance B toward D.



213

1. Move the left foot to B, forming a right L-stance toward B while executing a middle side block to B with a left reverse knife-hand.



Right L-stance middle side block with a reverse knife-hand toward B.



Ready Posture



Keep the forearms crossed in front of the chest, placing the blocking one under the other, both palms facing downward.



Application

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2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.



Previous Posture



Low side front snap kick to B with the left foot.



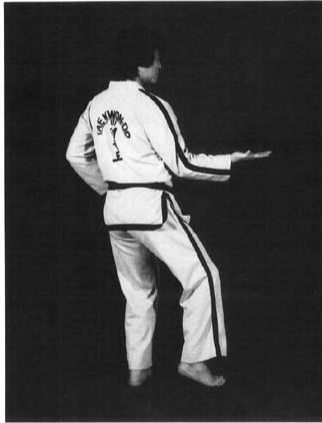
Application

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217

3. Lower the left foot to B and then move the right foot to B, forming a left rear foot stance toward B while executing an upward block with a right palm.

Left rear foot stance upward block with a right palm toward B.



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Application

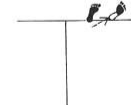
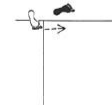


The palm reaches the target in a circular motion.

Front View

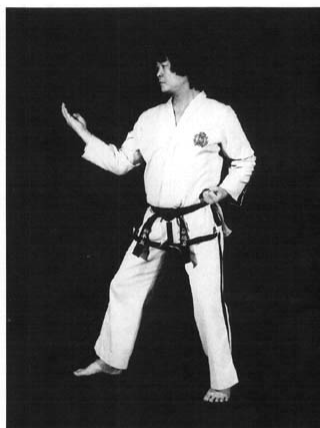


Previous Posture



219

4. Move the right foot to A, forming a left L-stance toward A, at the same time executing a middle side block to A with a right reverse knife-hand.

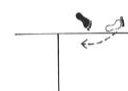


Left L-stance middle side block with a right reverse knife-hand toward A.



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Previous Posture



Application

221

5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.

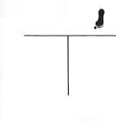
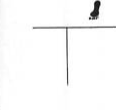


Low side front snap kick to A with the right foot.

222



Previous Posture



223

6. Lower the right foot to A and then move the left foot to A, forming a right rear foot stance toward A while executing an upward block with the left palm.



Right rear foot stance upward block with the left palm toward A.

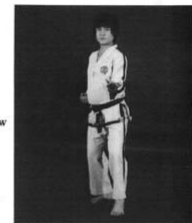


224

Application



The palm reaches the target in a circular motion.



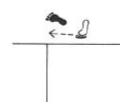
Front View



Previous Posture



Keep the right heel slightly off the ground.

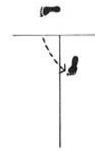
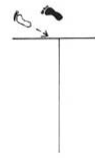
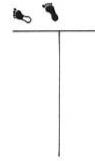


225

7. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.



Previous Posture



Application



Side View

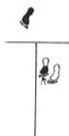
226

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8. Execute a high strike to D with the right upper elbow while forming a left walking stance toward D, slipping the left foot to D.



Left walking stance right upper elbow strike toward D.



Previous Posture

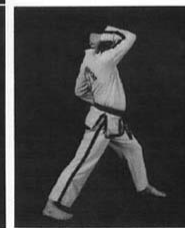


Application



Top View

Side View



Keep the body full facing.

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229

9. Move the right foot to D, forming a left L-stance toward D, at the same time executing a middle guarding block to D with a knife-hand.



Left L-stance knife-hand middle guarding block toward D.



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Previous Posture



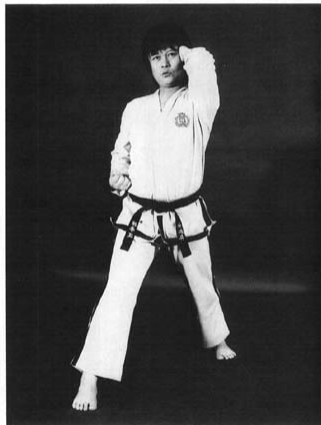
Application



Top View

231

10. Execute a high strike to D with the left upper elbow, at the same time forming a right walking stance toward D, slipping the right foot to D.



Right walking stance left upper elbow strike toward D.



Previous Posture



Side View



Top View



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11. Move the left foot to D, forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.



Left walking stance high vertical punch with a twin fist toward D.



Previous Posture



Application



Side View

Application

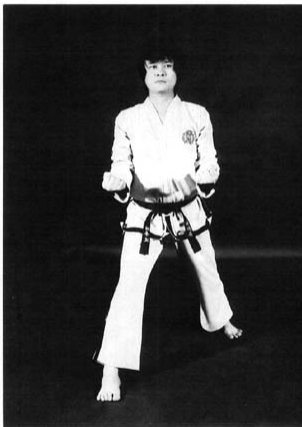


Top View

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12. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with a twin fist.



Right walking stance upset punch with a twin fist toward D.



Previous Posture



Application



Top View



Side View



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13. Move the right foot on line CD, and then turn counter-clockwise to form a left walking stance toward C while executing a rising block with an X-fist.

Left walking stance rising block with an X-fist toward C.

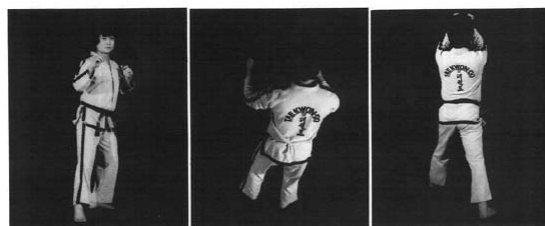


Previous Posture



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Application

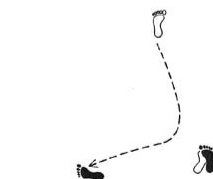


239

14. Move the left foot to E, forming a right L-stance toward E while executing a high side strike to E with the left back fist.



Right L-stance high side strike with the left back fist toward E.

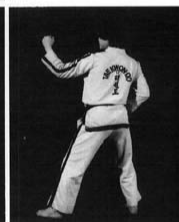


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Application



Top View



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15. Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.



Left walking stance toward E.



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Previous Posture



243

Application of No. 15.

Grabbed by an opponent



Twisting counter-clockwise



Released

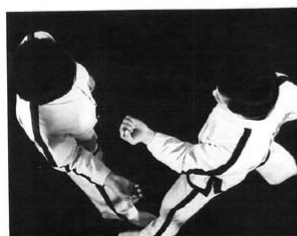


244

Top View



Keep the body full facing the opponent.



245

16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.



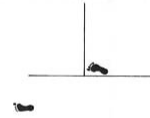
Left walking stance high punch with the right fist toward E.

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Previous Posture



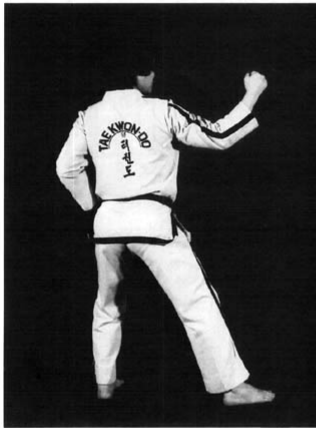
Keep the right heel slightly off the ground.



Application

247

17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.



Left L-stance high side strike with the right back fist toward F.



Previous Posture



Keep the left heel slightly off the ground.



Application



Other View

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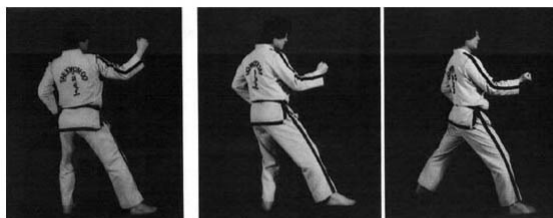
18. Twist the right fist counter-clockwise until the back fist faces downward while forming a right walking stance toward F, slipping the right foot to F.



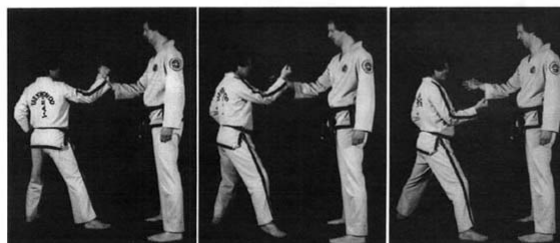
Right walking stance toward F.

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Previous Posture



Application



Grabbed by an opponent.

Twisting clockwise

Released

251

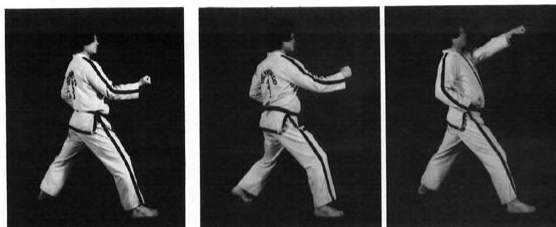
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F.



Right walking stance high punch with the left fist toward F.

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Previous Posture



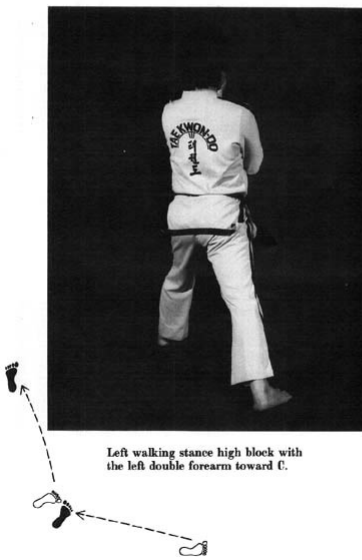
Keep the left heel slightly off the ground.

Application



253

20. Bring the right foot to the left foot and then move the left foot to C, forming a left walking stance toward C while executing a high block to C with a left double forearm.



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Previous Posture



Application

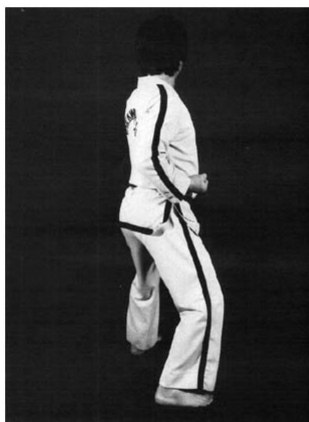


Side View



255

21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.



Right L-stance middle punch toward C.

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Applications



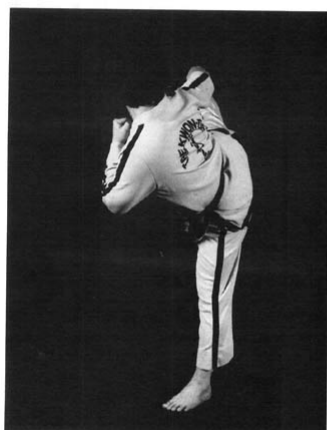
Top View

Previous Posture



257

22. Execute a middle side piercing kick to C with the right foot.

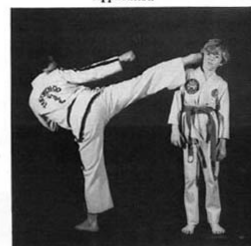


Previous Posture

Middle side piercing kick to C with the right foot.

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Application



Side View

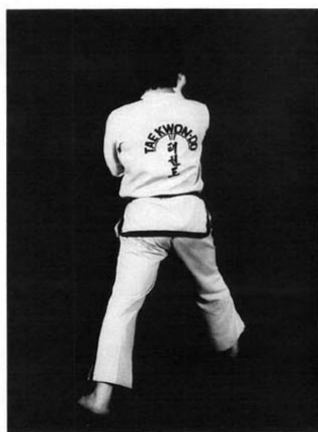


Side View



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23. Lower the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right double forearm.



Right walking stance high side block with the right double forearm toward C.

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Previous Posture



Application



Side View

Side View



Application



Top View



261

24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.



Left L-stance middle punch with the right fist toward C.

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Previous Posture



Application

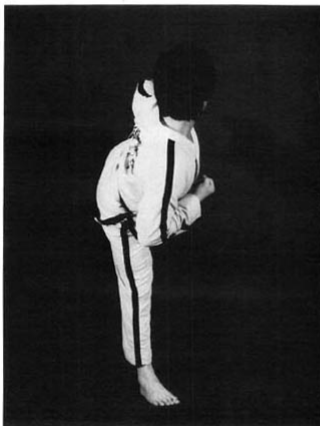


Side View



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25. Execute a middle side piercing kick to C with the left foot.



Middle side piercing kick to C with the left foot.

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Previous Posture



Side View



265

26. Lower the left foot to C, forming a right L-stance toward C while executing a middle guarding block toward C with the forearm.



Right L-stance forearm middle guarding block toward C.



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Previous Posture



Application



Side View



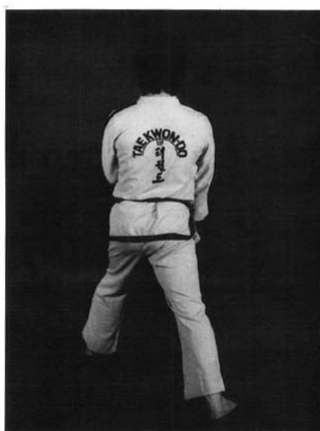
Side View



The forearm becomes half facing the opponent.

267

27. Execute a pressing block to C with the right palm while forming a left low stance toward C, slipping the left foot.



Left low stance pressing block with the right palm toward C.



Previous Posture



Side View



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28. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with the forearm.



Left L-stance forearm middle guarding block toward C.



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Previous Posture



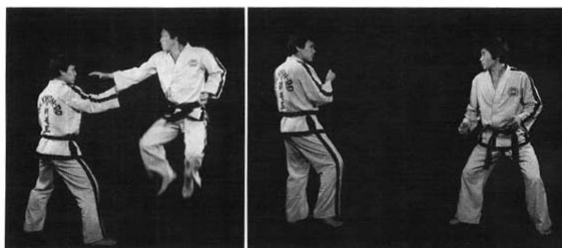
Side View



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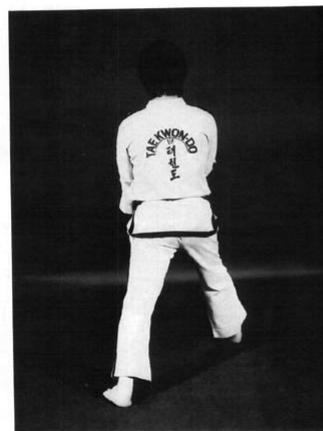


Application of No. 28



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29. Execute a pressing block to C with the left palm while forming a right low stance toward C, slipping the right foot.

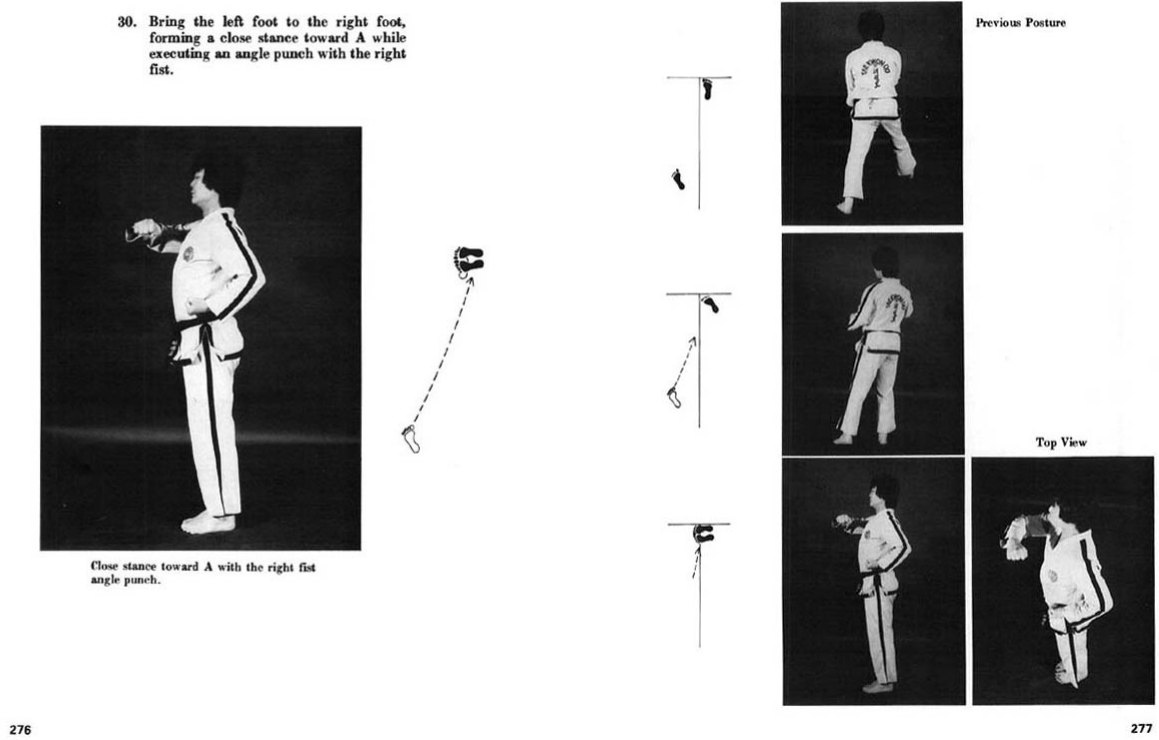
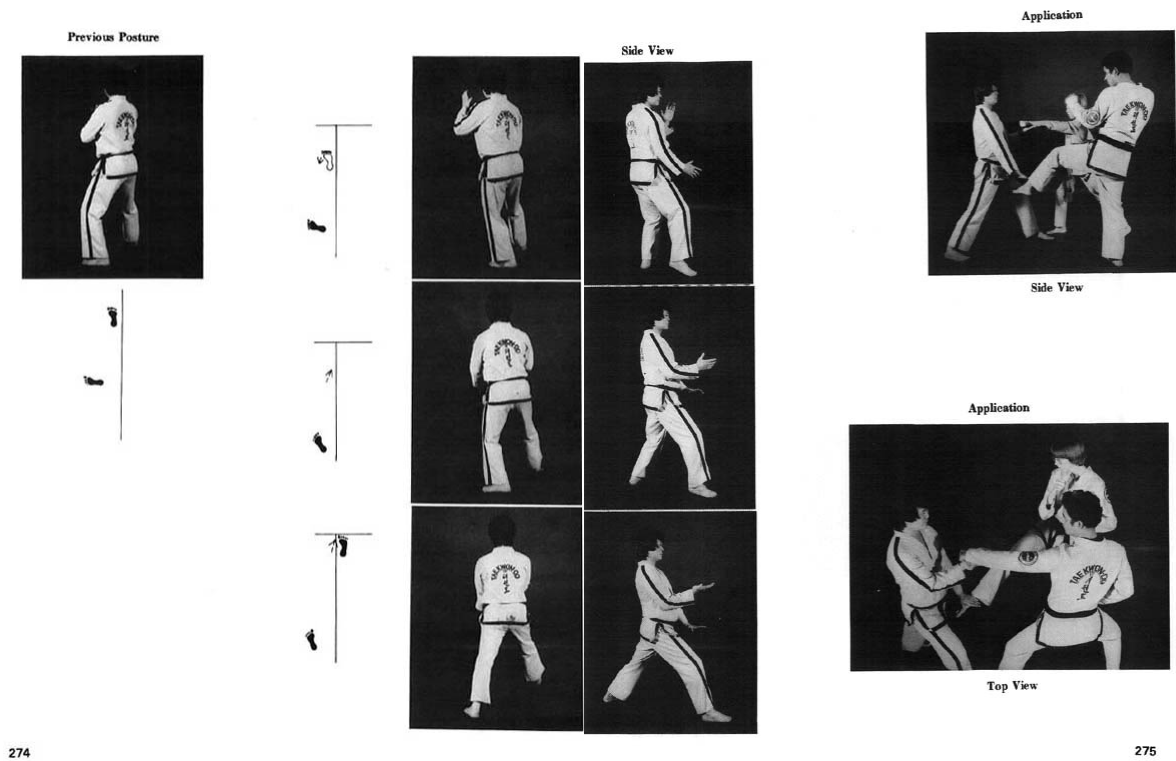


Right low stance pressing block with the left palm toward C.

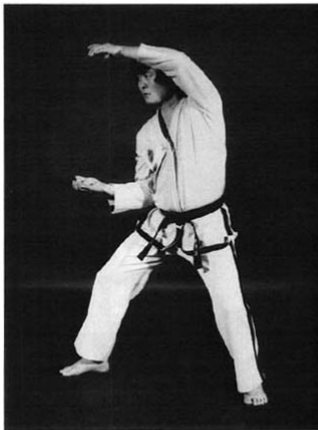


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31. Move the right foot to A, forming a right fixed stance toward A while executing a U-shape block to A.

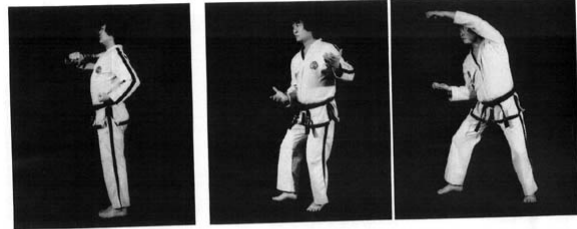


Right fixed stance U-shape block toward A.



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Previous Posture



Application



- \* 1. The reverse knife-hand is the blocking tool.
- 2. Blocking tools form a vertical line with the knee at the moment of the block.

279

32. Bring the right foot to the left foot and then move the left foot to B, forming a left fixed stance toward B, at the same time executing a U-shape block to B.



Left fixed stance U-shape block toward B.



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Previous Posture



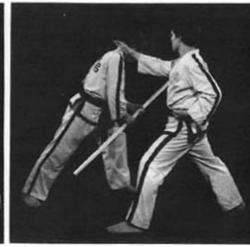
Application



Blocking



Pushing



Striking

Other View

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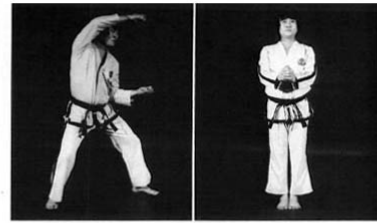
END. Bring the left foot back to a ready posture.



Close ready stance B toward D.

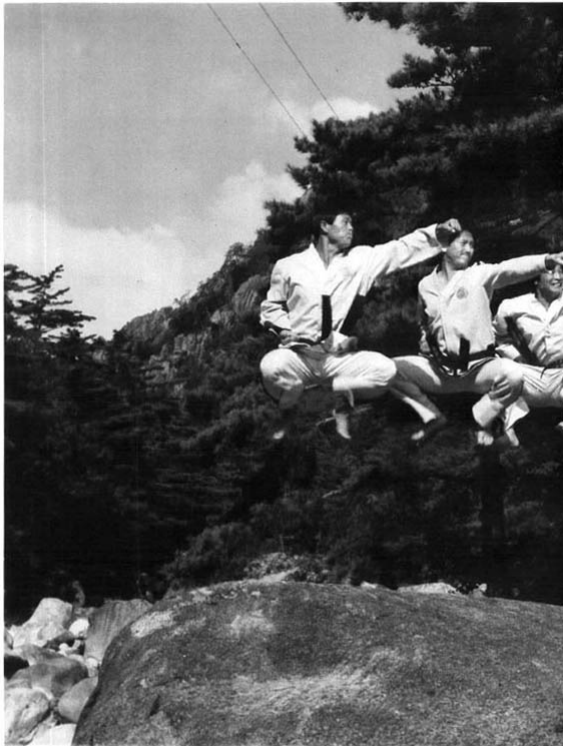


282



Side View

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