

## MANDHIR SINGH BOLLA'S SCHOOL OF TAE KWONDO

### RED TAG (7<sup>TH</sup> GRADING)

#### JOONG GUN 32 MOVEMENTS

**JOONG GUN** is named after the patriot **An Joong-Gun** who assassinated **Hiro Bumi Ito** the 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 in the Lui Shung prison (1910)

#### MOA CHUNBI SOGI B

*Closed ready stance B*

1. Kaunde sonkal dung makgi  
*Middle reverse hand block*
2. Najunde ap chabusigi  
*Low front snap kick*
3. K. Ollyo son badak makgi  
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4. Kaunde sonkal dung makgi
5. Najunde ap chabusigi
6. K. Ollyo son badak makgi
7. Kaunde sonkal dung makgi
8. Wi Palkup taerigi  
*Rising elbow strike*
9. K. Ollyo son badak makgi
10. Wi Palkup taerigi
11. Nopunde sang sewo jirugi  
*High twin vertical punch*
12. Sang dwijibo jirugi  
*Twin upset punch*
13. Chookyo kyocha makgi  
*Rising X block*
14. Nopunde dung joomuk taerigi  
*High back fist strike*
15. Release move
16. Nopunde bandae jirugi  
*High reverse punch*
17. Nopunde dung joomuk taerigi
18. Release move
19. Nopunde bandae jirugi
20. Nopunde doo palmok makgi  
*High double forearm block*
21. Kaundae jop jirugi  
*Middle side punch*
22. Kaunde yop chajirugi  
*Middle side kick*
23. Nopunde doo palmok makgi
24. Kaundae jop jirugi
25. Kaunde yop chajirugi
26. Kaunde palmok daebi makgi  
*Middle forearm guarding block*
27. Noollo makgi  
*Palm pressing block*
28. Kaunde palmok daebi makgi
29. Noollo makgi
30. Kaunde dollyo jirugi (slow)  
*Middle turning punch*
31. Digtja makgi  
*U shaped block*
32. Digtja makgi

## STANCES

Attention stance.	<i>Charyot sogi</i>
Parallel stance.	<i>Narani sogi</i>
Sitting stance.	<i>Annun sogi</i>
Fixed stance.	<i>Gojung sogi</i>
Walking stance.	<i>Gunnun sogi</i>
Vertical Stance.	<i>Soojik sogi</i>
Closed Stance.	<i>Moa sogi</i>
Bending ready stance.	<i>Goburyo sogi</i>
X Stance.	<i>Kyocho sogi</i>
<b>Rear foot stance</b>	<b><i>Dwit bal sogi</i></b>
<b>Low Stance</b>	<b><i>Nachuo sogi</i></b>

## POSSIBLE QUESTIONS:

2 Step Sparring.	<i>Ibo Matsoki</i>
3 Step Sparring.	<i>Sambo matsoki</i>
3 step semi free sparring.	<i>Ban jayoo matsoki</i>
Blue belt	<i>Signifies the Heaven towards which the plant matures into a towering tree as training in Tae kwondo progresses</i>
Red belt	<i>Signifies danger, cautioning the student to exercise control, and warning the opponent to stay away</i>
Jumping.	<i>Twiggi.</i>

## BLOCKS

Inner forearm block.	<i>An palmok makgi</i>
Rising block.	<i>Chookyo Makgi</i>
Palm block.	<i>Son badak</i>
Twin outer forearm block.	<i>Sang palmok makgi</i>
Knifehand guarding block.	<i>Sonkal daebi makgi</i>
Upward palm block.	<i>Son badak ollyo makgi</i>
X-fist pressing block.	<i>Kyocho noollo makgi</i>
Circular block.	<i>Dollimyo makgi</i>
Palm heel hooking block.	<i>Golcho makgi</i>
Double forearm block.	<i>Doo palmok makgi</i>
Twin knifehand block.	<i>Sang sonkal makgi</i>
Twin straight forearm block.	<i>Sang sun palmok</i>
Waist block.	<i>Hori makgi</i>
<b>Rising X block</b>	<b><i>Kyocho joomuk chookyo makgi</i></b>
<b>Reverse knifehand block</b>	<b><i>Sonkal dung makgi</i></b>
<b>Palm pressing block</b>	<b><i>Sonbadak noollo makgi</i></b>
<b>U shaped block</b>	<b><i>Mongdunggi makgi</i></b>

## KICKS

Front kick.	<i>Ap chagi</i>
Turning kick.	<i>Dollyo chagi</i>
Side kick.	<i>Yop chagi</i>
Back kick.	<i>Dwit chagi</i>
Front rising kick.	<i>Apcha chagi</i>
Hooking kick.	<i>Golcho chagi</i>
Reverse turning kick	<i>Bandae dollyo chagi</i>

## PUNCHES

Obverse punch.	<i>Baro jirugi</i>
Reverse punch.	<i>Bandae jirugi</i>
Vertical punch.	<i>Sewo jirugi</i>
Side punch.	<i>Yop jirugi</i>
Upset punch.	<i>Dwijibo jirugi</i>
<b>Twin upset punch</b>	<b><i>Sang dwijibo jirugi</i></b>
<b>Upset punch</b>	<b><i>dwijibo jirugi</i></b>
<b>Twin vertical punch</b>	<b><i>Sang sewo jirugi</i></b>

## THRUSTS

Straight spear finger thrust.	<i>Son sonkut tulgi</i>
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## STRIKES

Knifehand strike.	<i>Sonkal taerigi</i>
Back fist strike.	<i>Dung joomuk taerigi</i>
Reverse knifehand strike.	<i>Sonkal dung taerigi</i>
Inward knifehand strike.	<i>Anuro sonkal taerigi</i>
Middle side elbow strike.	<i>Yop palmok taerigi</i>
Knee strike.	<i>Moorup taerigi</i>
Front elbow strike.	<i>Palkup taerigi</i>
<b>Rising elbow strike</b>	<b><i>Wi palkup taerigi</i></b>