

PATTERNS

JOONG-GUN

The Virtual Dojang Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

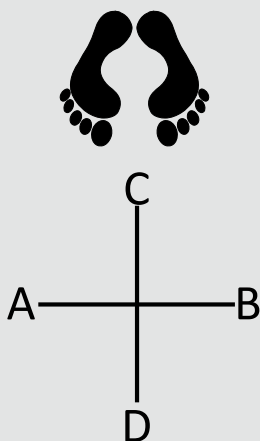
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

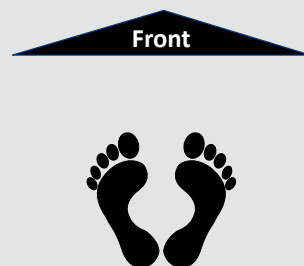
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This pattern, Joong-Gun is for 4th Kup and above

32 Movements

Ready position : Parallel Ready Stance

New Stances :

Close Ready Stance B

Rear Foot Stance

Low Stance

New Techniques :

Rear Foot Stance Palm Upward Block

L-Stance Reverse Knife-hand Outward Block

Side Front Snap Kick

Walking Stance Upper Elbow Strike

Walking Stance Twin Fist High Vertical Punch

Walking Stance Twin Fist Upset Punch

Walking Stance X- Fist Rising Block

L-Stance Back Fist High Side Strike

L-Stance Reverse Punch

Walking Stance Palm Pressing Block

Fixed Stance U-Shaped Block

Close Stance Angle Punch

Meaning

JOONG-GUN is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

Ready position

Close Ready Stance B

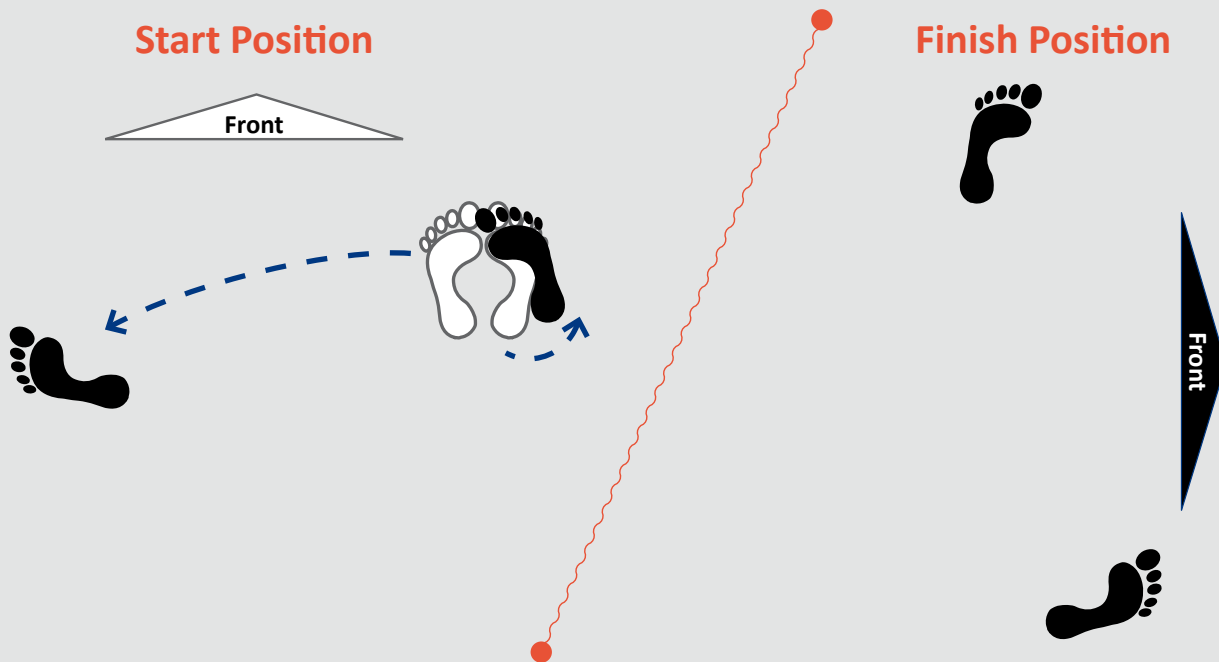


- If in attention stance, straighten your right foot by moving your heel, then move the left foot to the right to form close ready stance B



Pattern movements and techniques

1. Turning to the left drop into right L-stance reverse knifehand middle side block



2. Left low front snap kick

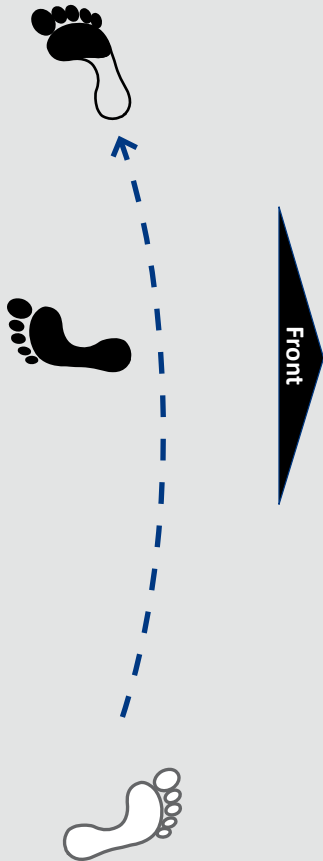


Front

- Leave your hands where they are
- This movement is followed immediately by the next movement in one count.

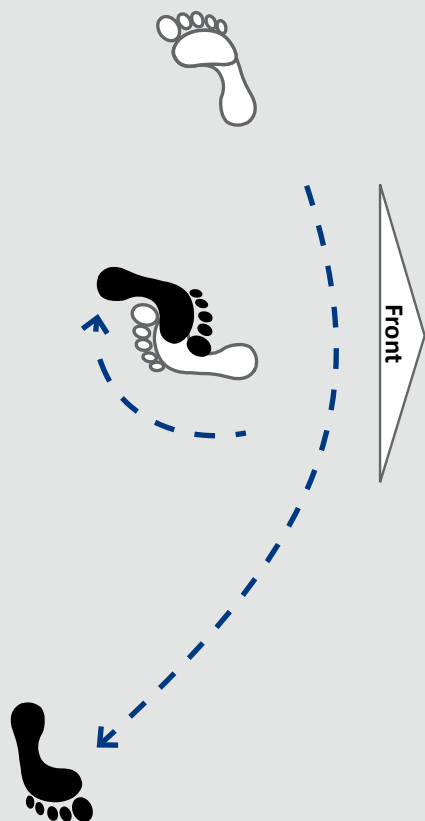


3. Lower the kicking foot and step forward into left rear-foot stance palm upward block

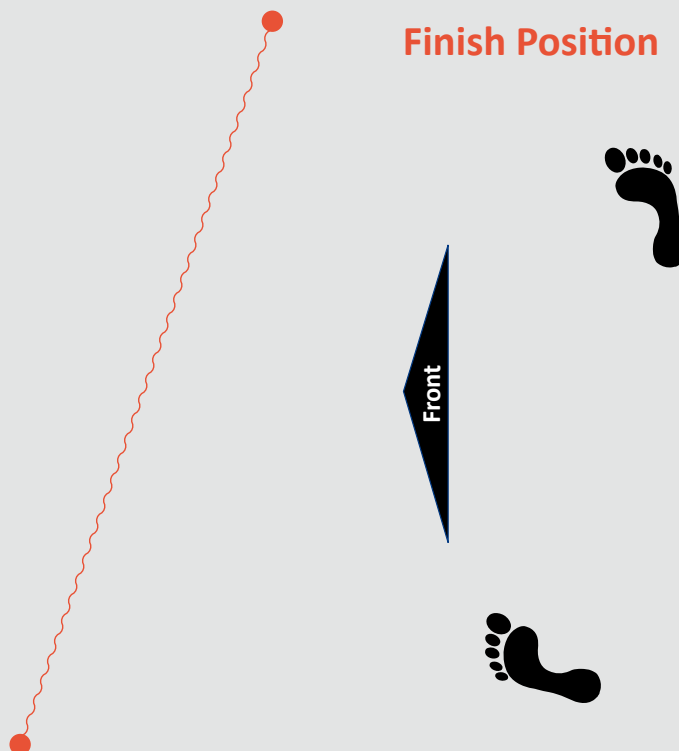


4. Turn 180° (1/2 turn) clockwise, dropping into left L-stance reverse knifehand middle side block

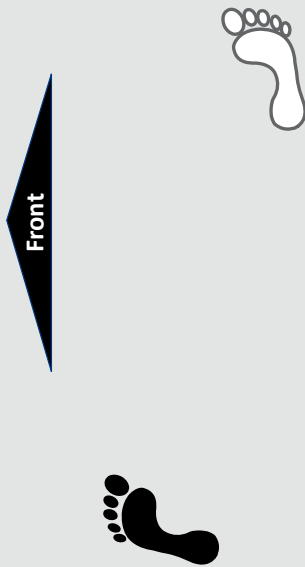
Start Position



Finish Position



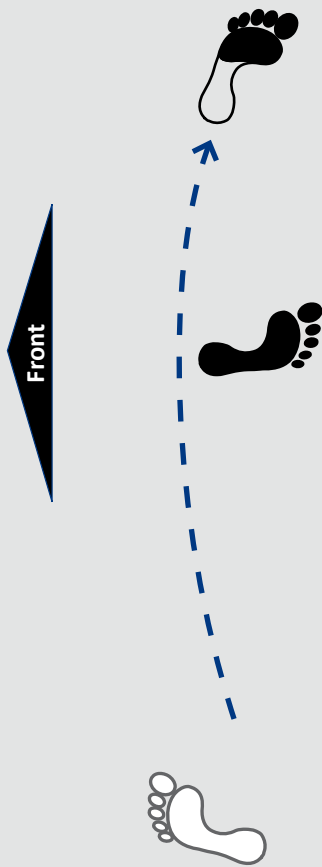
5. Right low front snap kick



- Leave your hands where they are
- This movement is followed immediately by the next movement in one count.

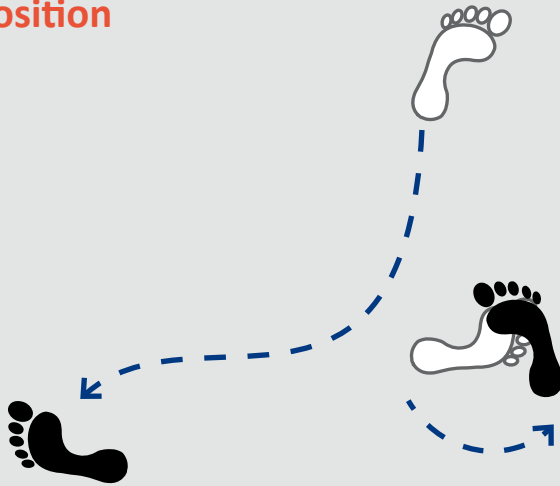


6. Lower the kicking foot and step forward into right rear-foot stance palm upward block



7. Bring your weight on to your rear foot then turn to the left, dropping into a right L-stance middle knifehand guarding block

Start Position



Finish Position

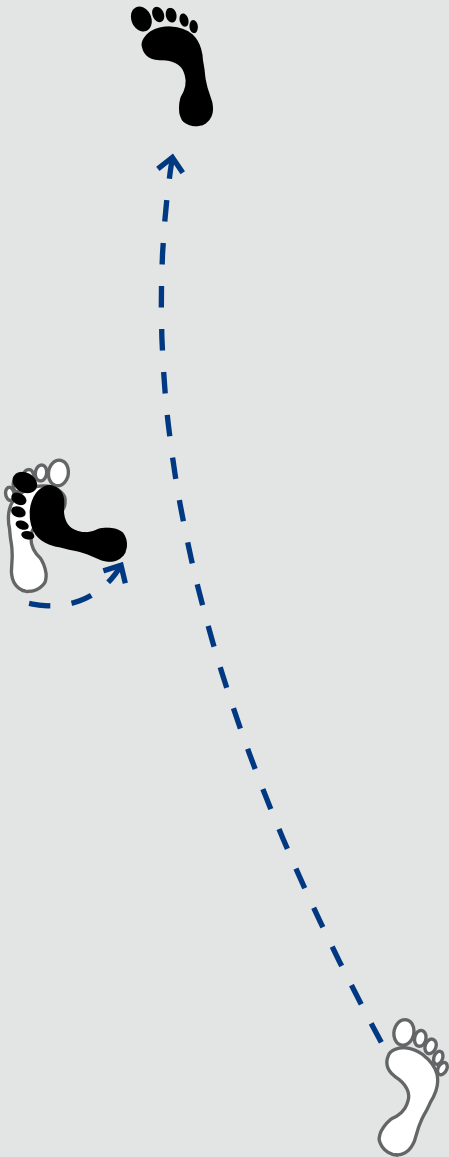


8. Step left foot into walking stance, while doing a right upper elbow strike

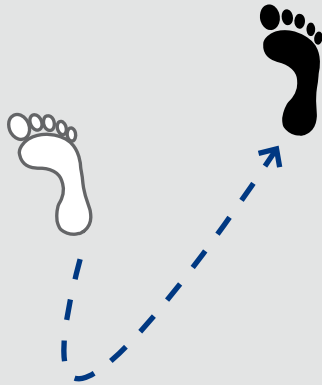
- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.



9. Step forward into left L-stance middle knifehand guarding block



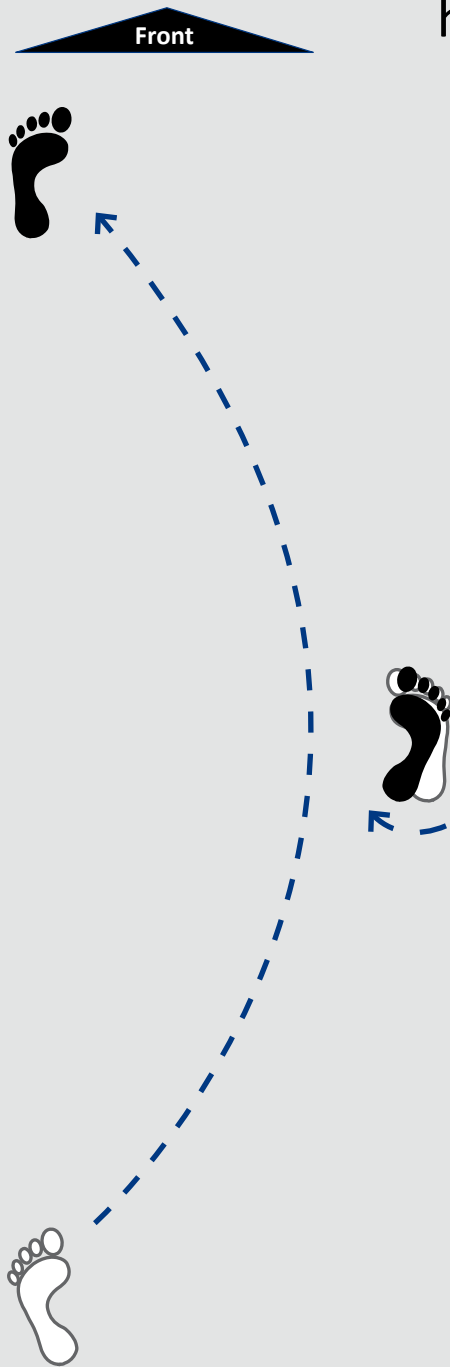
10. Step right foot into walking stance while doing a left upper elbow strike



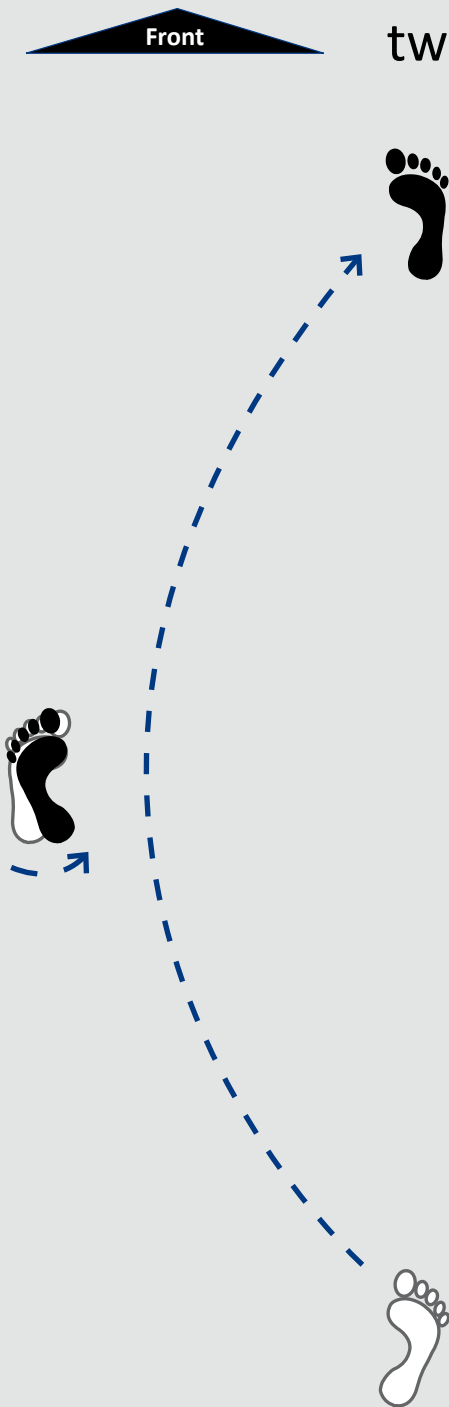
- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.



11. Step forward into left walking stance high twin fist vertical punch

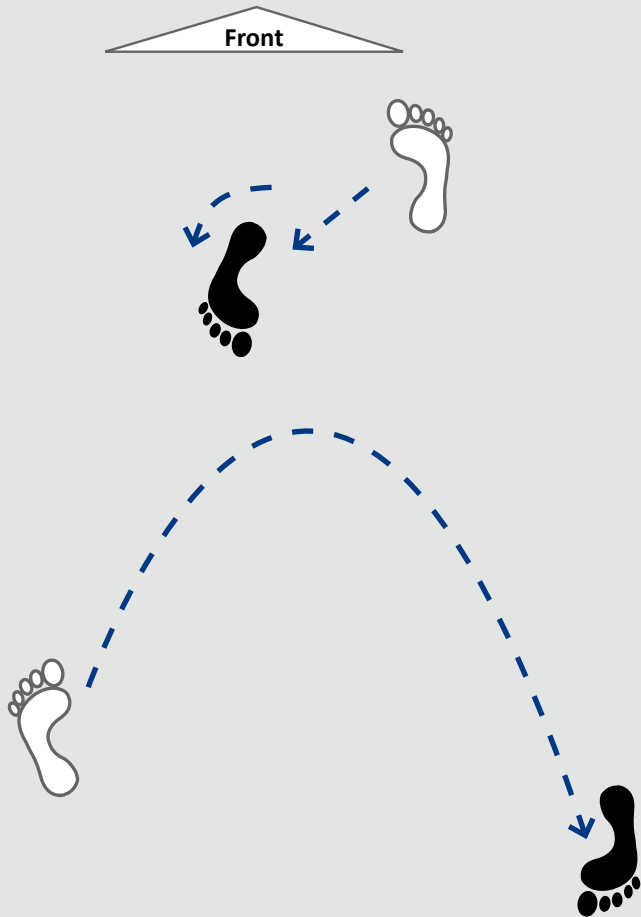


12. Step forward into right walking stance twin fist upset punch

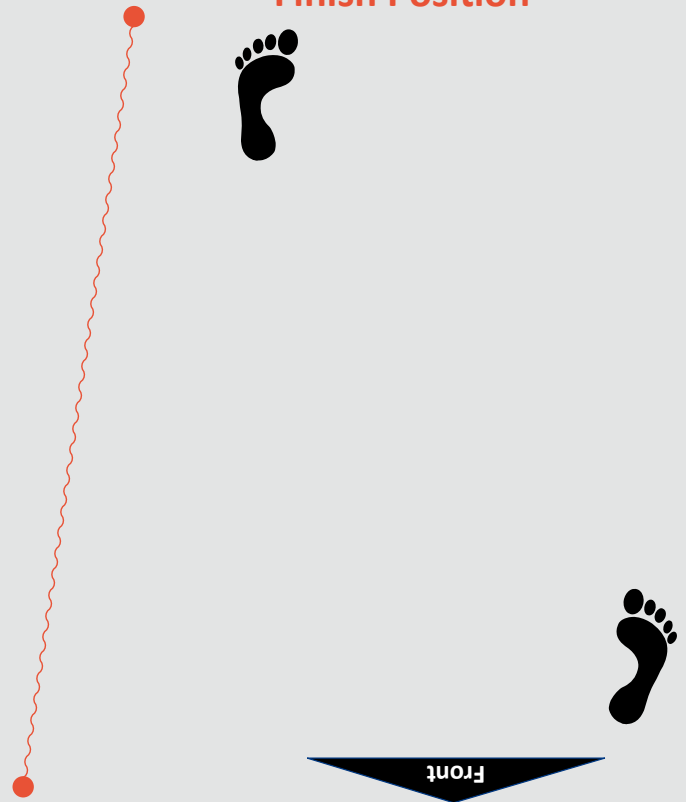


13. Take a very small step to the left with your right foot, then turn 180° (1/2 turn) counter-clockwise and step forward into a left walking stance X-fist rising block

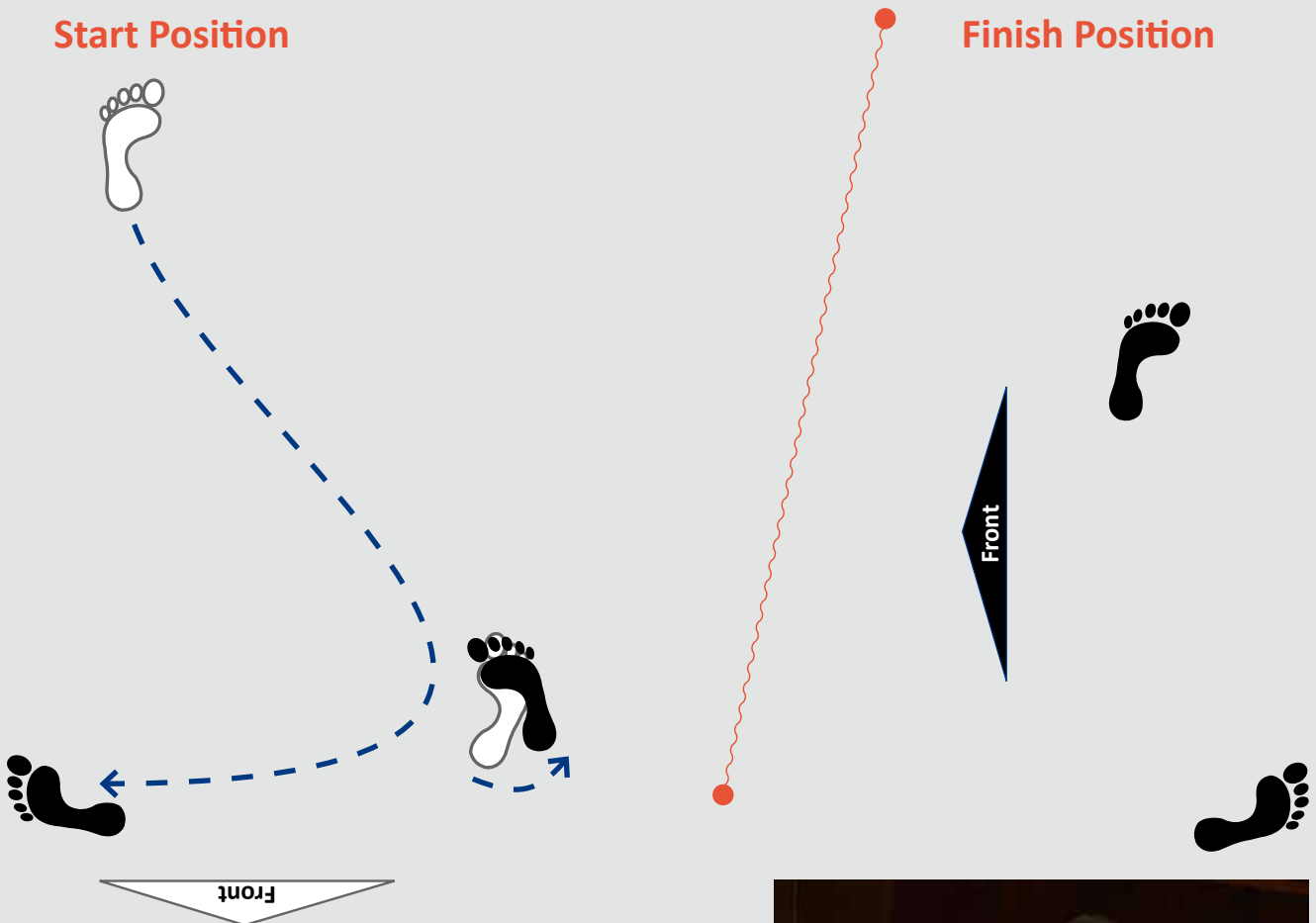
Start Position



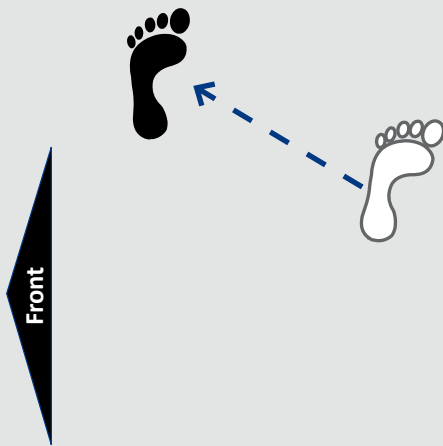
Finish Position



14. Shift your weight back onto your right leg, then turn 90° (1/4 turn) counter-clockwise dropping into right L-stance backfist high side strike



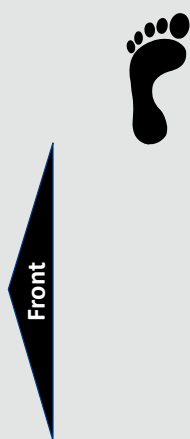
15. Shift your front foot out into a left walking stance, twisting your left hand down and outwards so that it finishes with the backfist facing down and **in fast motion ...**



- This movement has no sine wave, just drop straight out from L-stance into Walking stance.
- This movement is followed immediately by the next movement in one count.
(fast motion).



16. Right high reverse punch



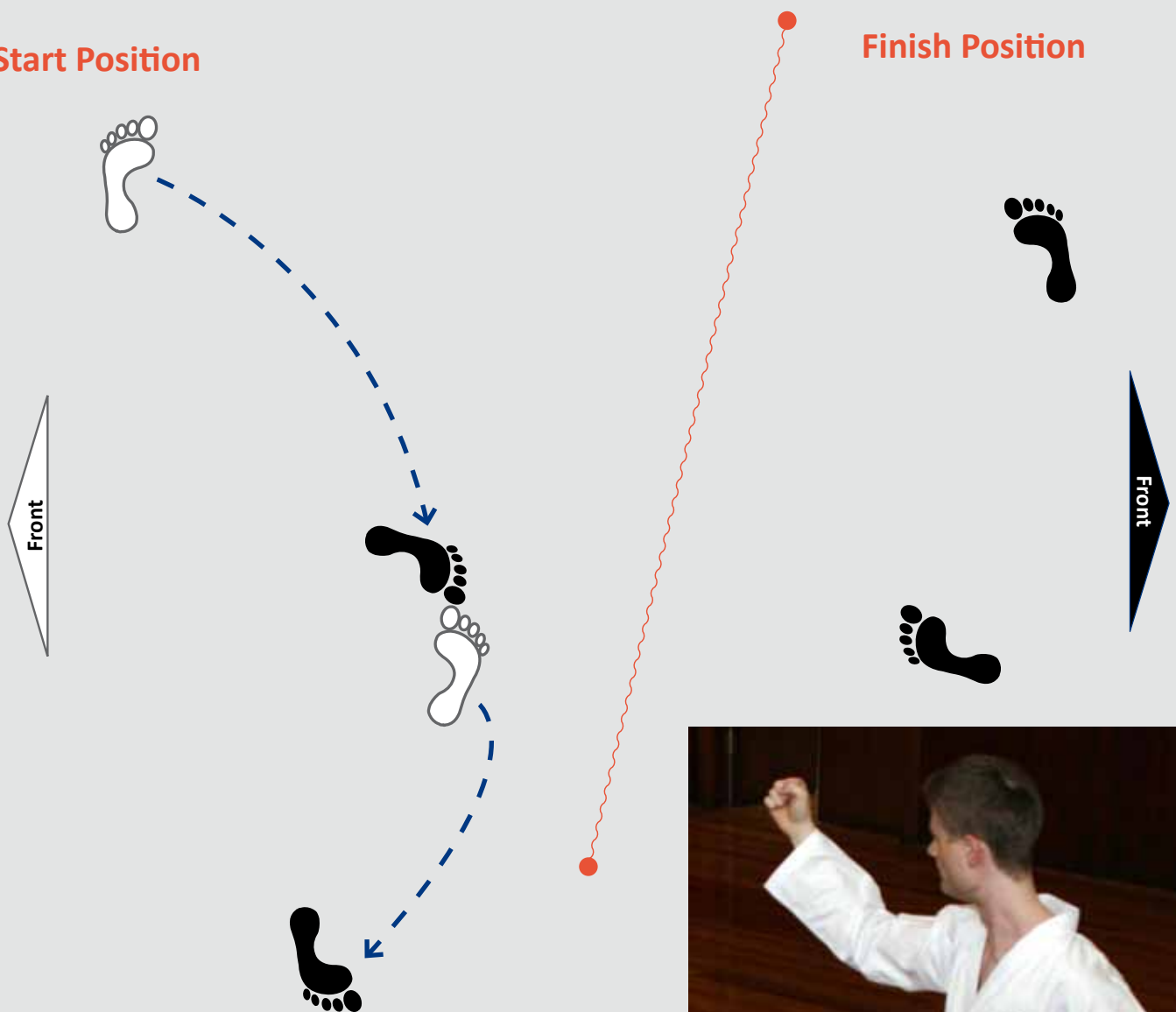
- Leave your feet where they are.
- This movement is done immediately after the last movement (fast motion).



17. Bring your feet together, then step out into a left L-stance backfist high side strike

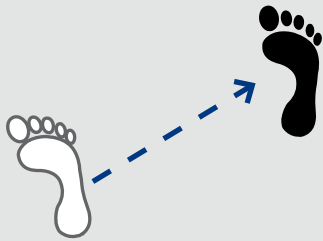
Start Position

Finish Position



18. Shift your front foot out into a right walking stance , twisting your right hand down and outwards so that it finishes with the backfist facing down and **in fast motion...**

- This movement has no sine wave, just drop straight out from L-stance into Walking stance.
- This movement is followed immediately by the next movement in one count. (fast motion).



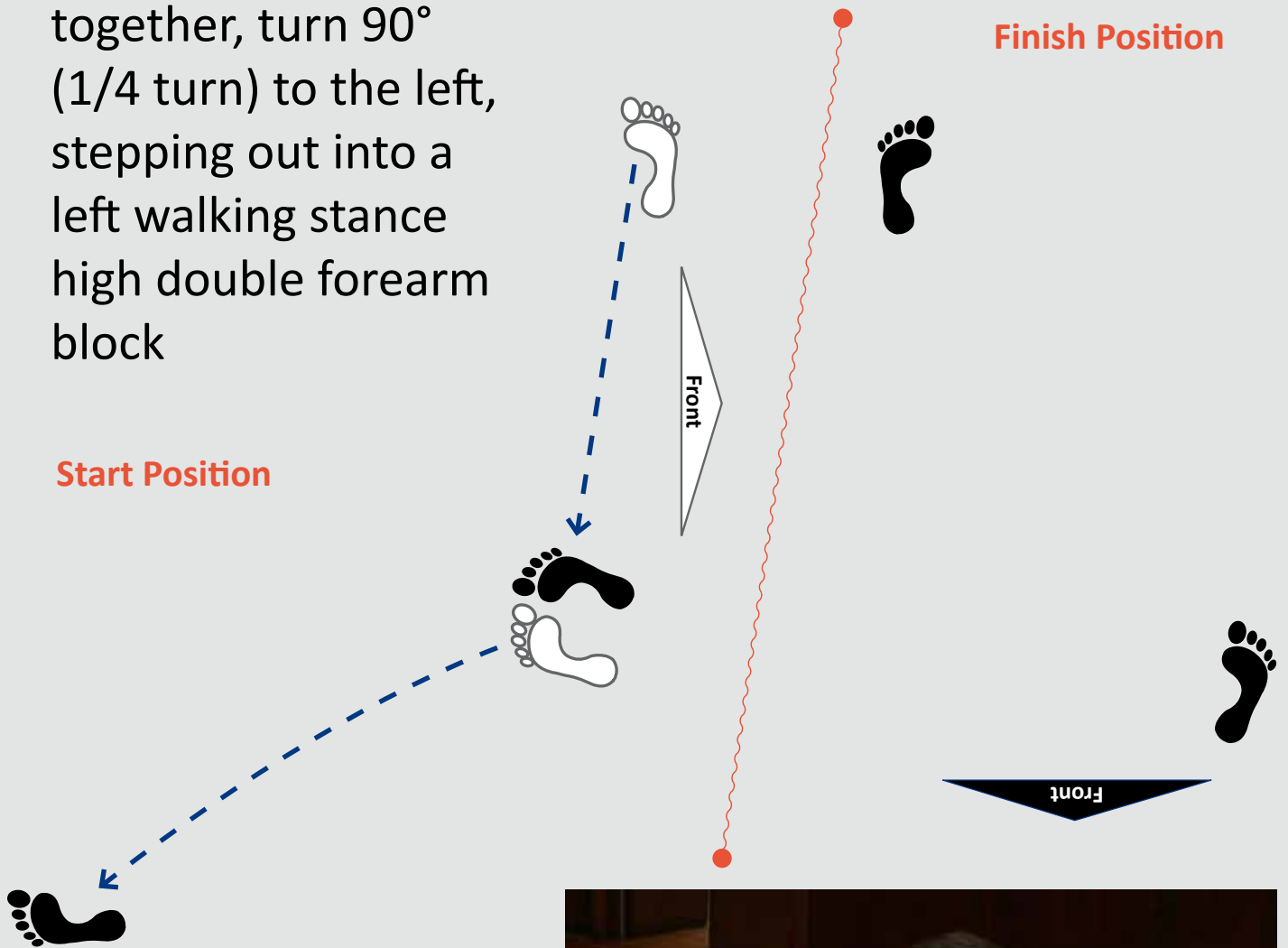
19. Left high reverse punch



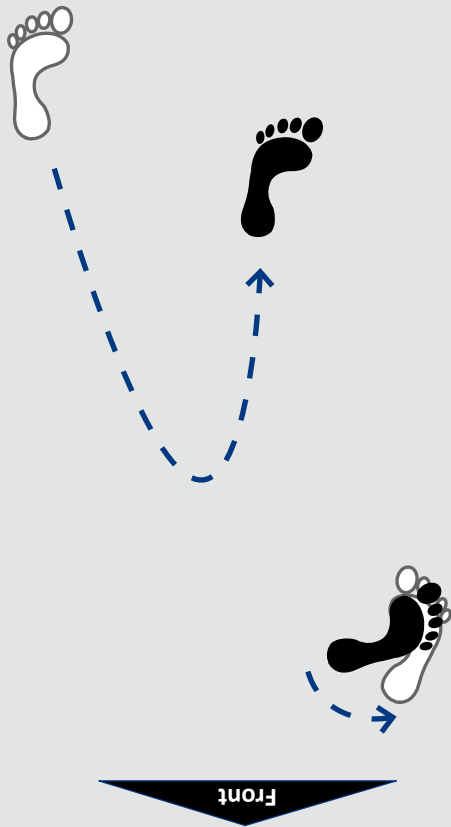
- Leave your feet where they are.
- This movement is done immediately after the last movement (fast motion).



20. Bring your feet together, turn 90° (1/4 turn) to the left, stepping out into a left walking stance high double forearm block



21. Right L-stance middle side punch



- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out again, dropping into L-stance.



22. Right middle side piercing kick



- This movement is followed immediately by the next movement in one count.



Front



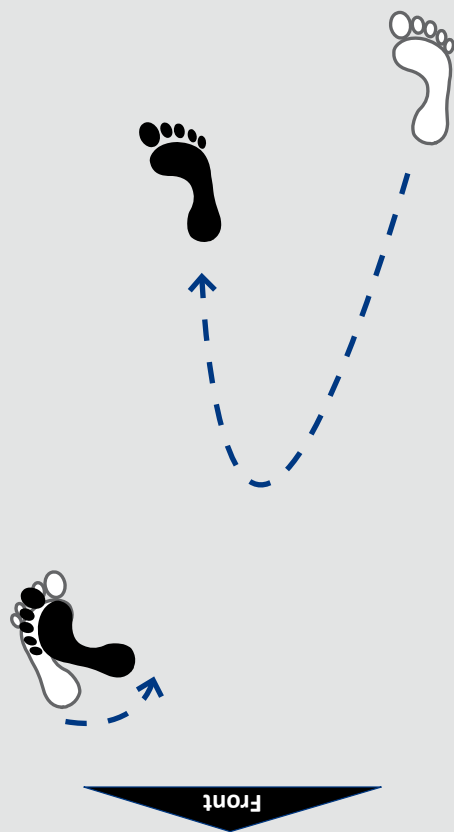
23. Step down into right walking stance high double forearm block



Front



24. Left L-stance middle side punch



- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out again, dropping into L-stance.



25. Left middle side piercing kick



- This movement is followed immediately by the next movement in one count.



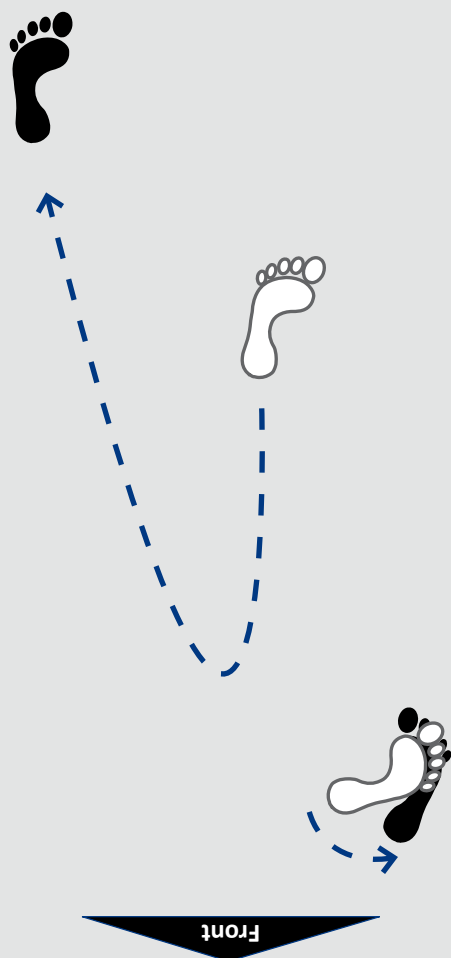
26. Step down into right walking stance middle forearm guarding block



Front



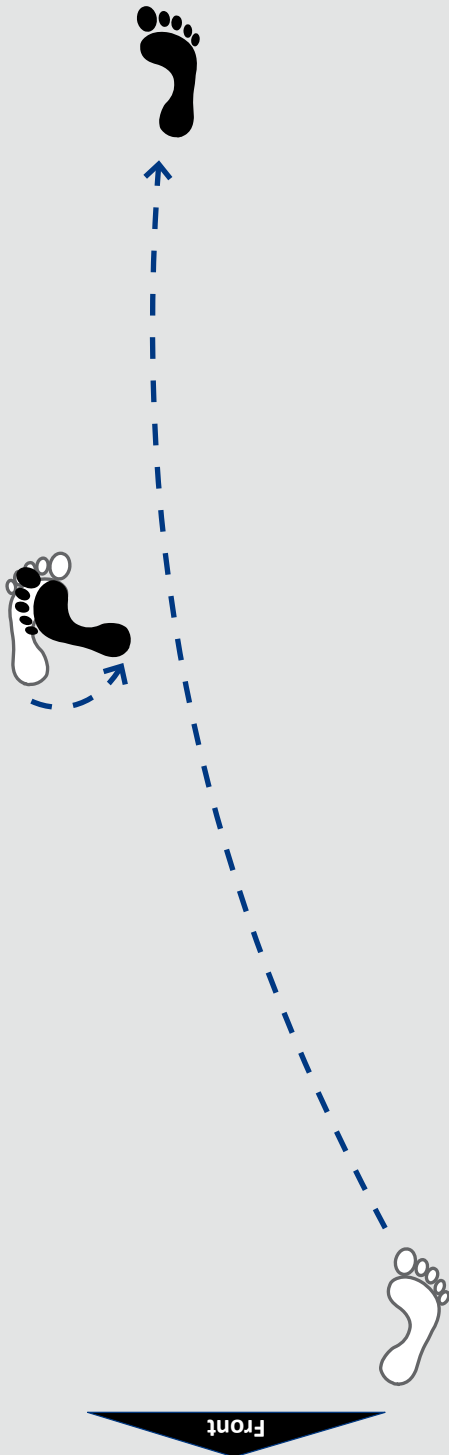
27. .In slow motion Slide your left foot out into left low stance while doing a palm pressing block



- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into low stance.



28. Step forward into left L-stance middle forearm guarding block



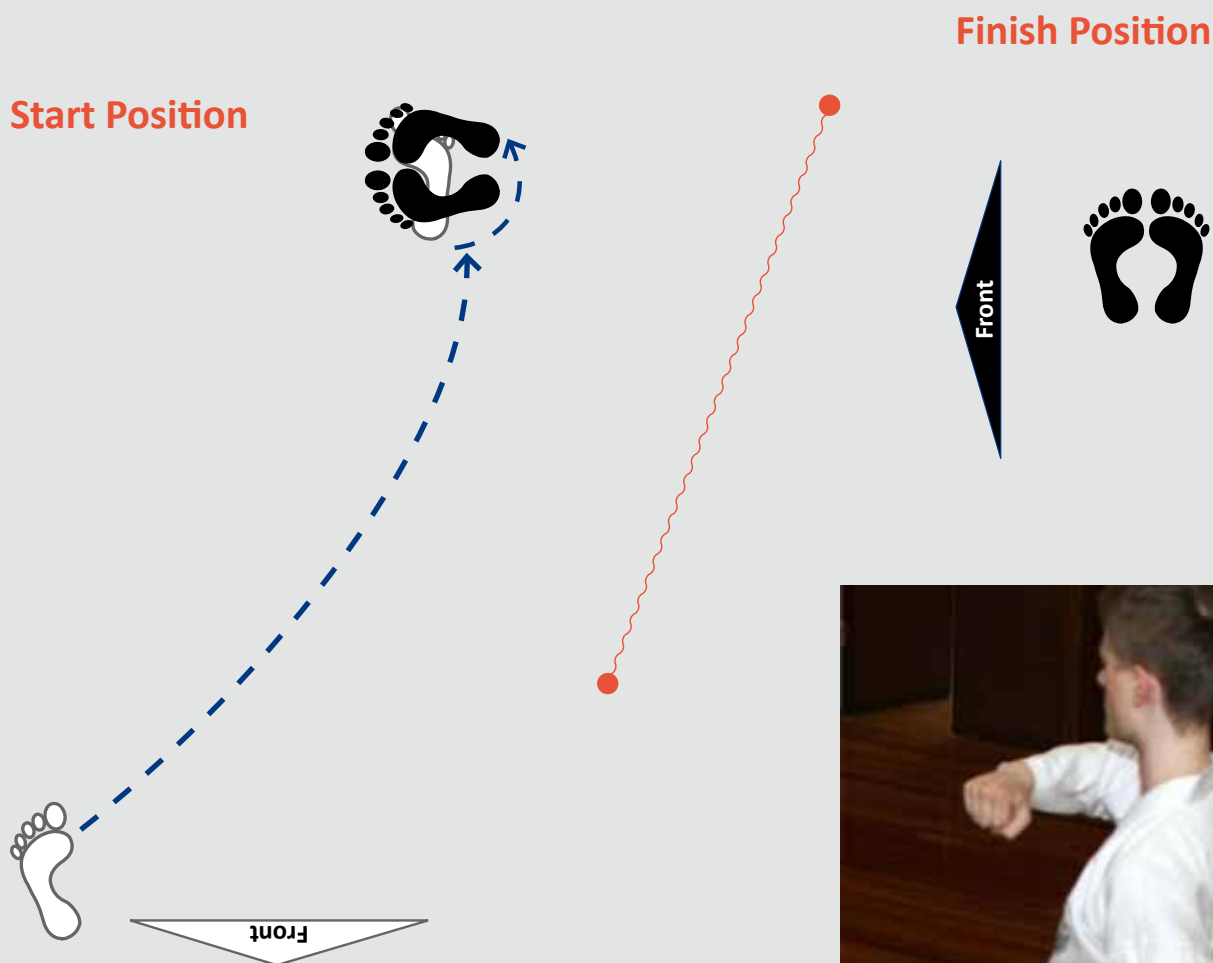
29. .In slow motion Slide your left foot out into left low stance while doing a palm pressing block



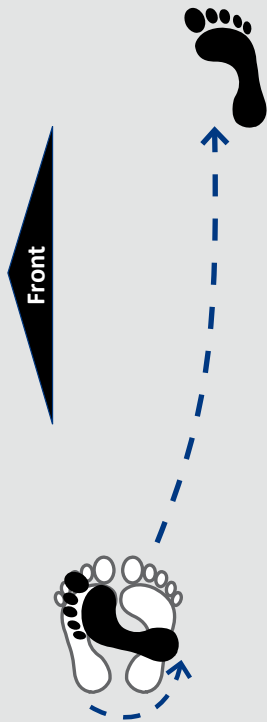
- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into low stance.



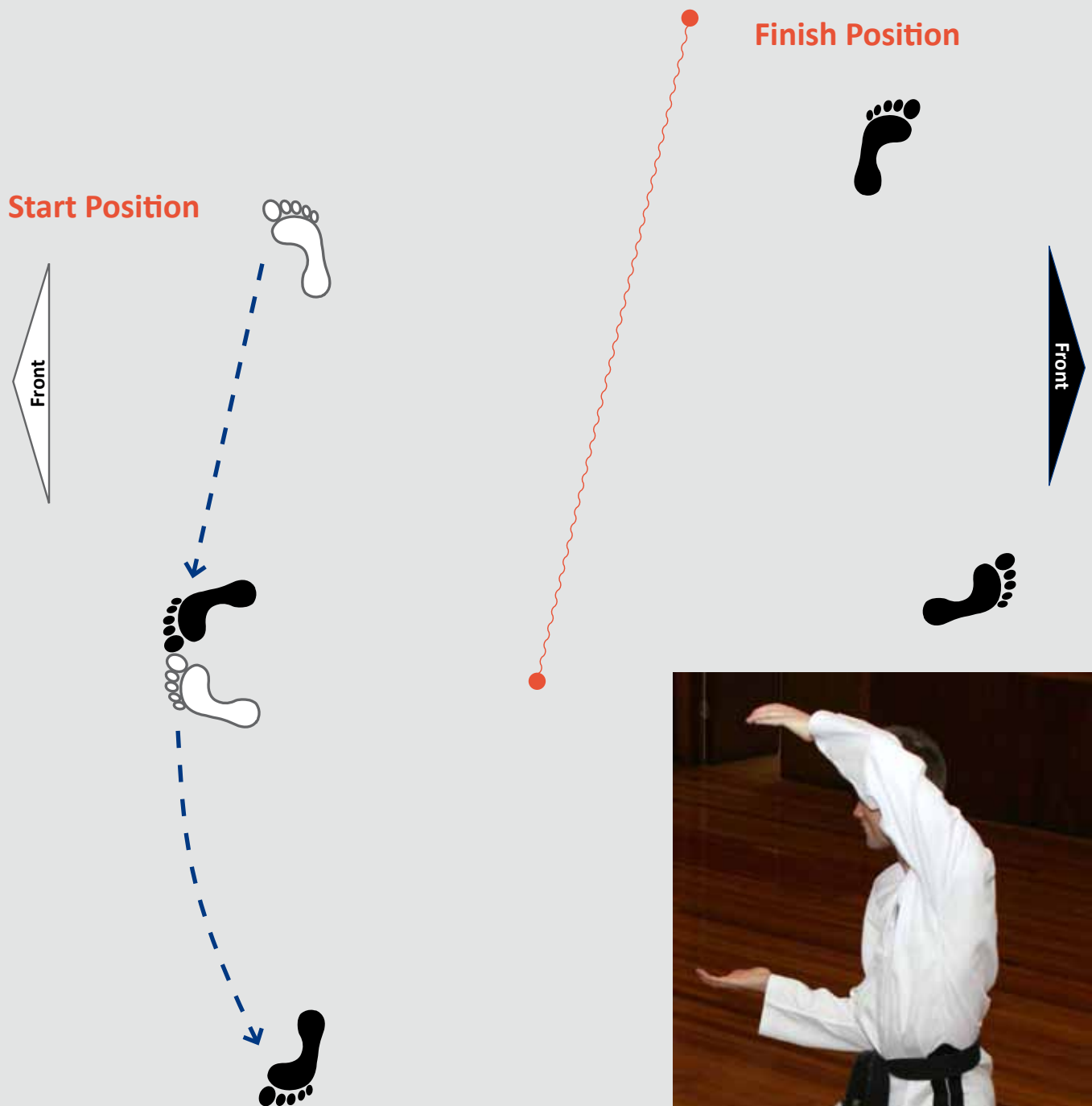
30. .In slow motion Bring your left foot up to your right foot, while turning 90° (1/4 turn) counter-clockwise, forming a closed stance right angle punch



31. Step your right foot forward into right fixed stance U-shape block

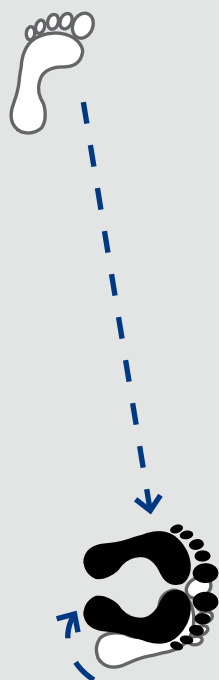


32. Bring your feet together, then step out into left fixed stance U-shape block



End. Bring the left foot back to close ready stance B

Start Position



Finish Position

