

Chung Gun

- Chung Gun contains 32 movements .
- "Is named after the patriot An Chun-Gun who assassinated Hiro Bumi Ito, the first 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 at Lui-Shung prison (1910)."

Special Choonbee position - left hand forms a "C" shape, covering the right fist. Held at belt level, hands are turned so that your thumbs are up, knuckles pointing away.

On begin command - Cross arms into an X, left hand open, bending knees and looking left.

1. Step left into an L stance, left open handed inner forearm block.
2. Left front snap kick.
3. step right foot forward into a cat stance, right scooping upward palm block.
Cross arms into an X, left hand open, bending knees and looking right.
4. Step right 180 degrees into an L stance, right open handed inner forearm block.
5. Right front snap kick.
6. Step left foot forward into a cat stance, left scooping scooping upward palm block.
reach up behind your right ear while bringing left foot in and looking 90 degrees left.
7. Step forward into a left L stance while performing left knifehand guarding block
8. Shift left leg into a walking stance, right upward elbow strike.
9. Step forward into a right L stance while performing right knifehand guarding block
10. Shift right leg into a walking stance, left upward elbow strike.
11. Step forward into left walking stance and double horizontal punch high.
12. Step forward into right walking stance and right and double uppercut punch.
box step (stomp, turn 180 degrees)
13. Stomp (ending in a left walking stance), x block high.
14. Pull left leg in, step left 90 degrees into an L stance, left backfist.
15. Left C block
16. Shift left leg into a walking stance, right reverse punch
Pull left leg in, cross arms while looking 180 degrees right.
17. Step right into an L stance, right backfist
18. Right c block
19. Shift right leg into a walking stance, left reverse punch
bring right leg in, chamber arms behind right ear
20. Step forward into a Left walking stance, Left augmented block.
Pull back to chamber a left punch
21. Left fixed stance and left punch
22. Back leg side kick, landing in
23. Right walking stance, Right augmented block.
Pull back to chamber a right punch
24. Right fixed stance and right punch.
25. Back leg side kick, landing in
26. left L stance, guarding block
27. Slide left leg forward into walking stance slowly while performing double pressing block.
28. Right L stance, guarding block
29. Slide right leg forward into walking stance slowly while performing double pressing block.
(See next page)
30. Step up, feet together, facing 90 degrees left, roundhouse punch.

31. Cup hands at belt, step into right fixed stance, pole block.
32. Bring right foot in, cup hands at belt, left fixed stance & pole block.

End- wait for instructor's command to return to Choonbee.