Blue Belt / Joon-Gun

Form Name: Joon-Gun (***pronounced: June Goon***)
Joon-Goon was a patriot who helped Korea win independence from Japan.

~ 32 movements / 2 yells ~

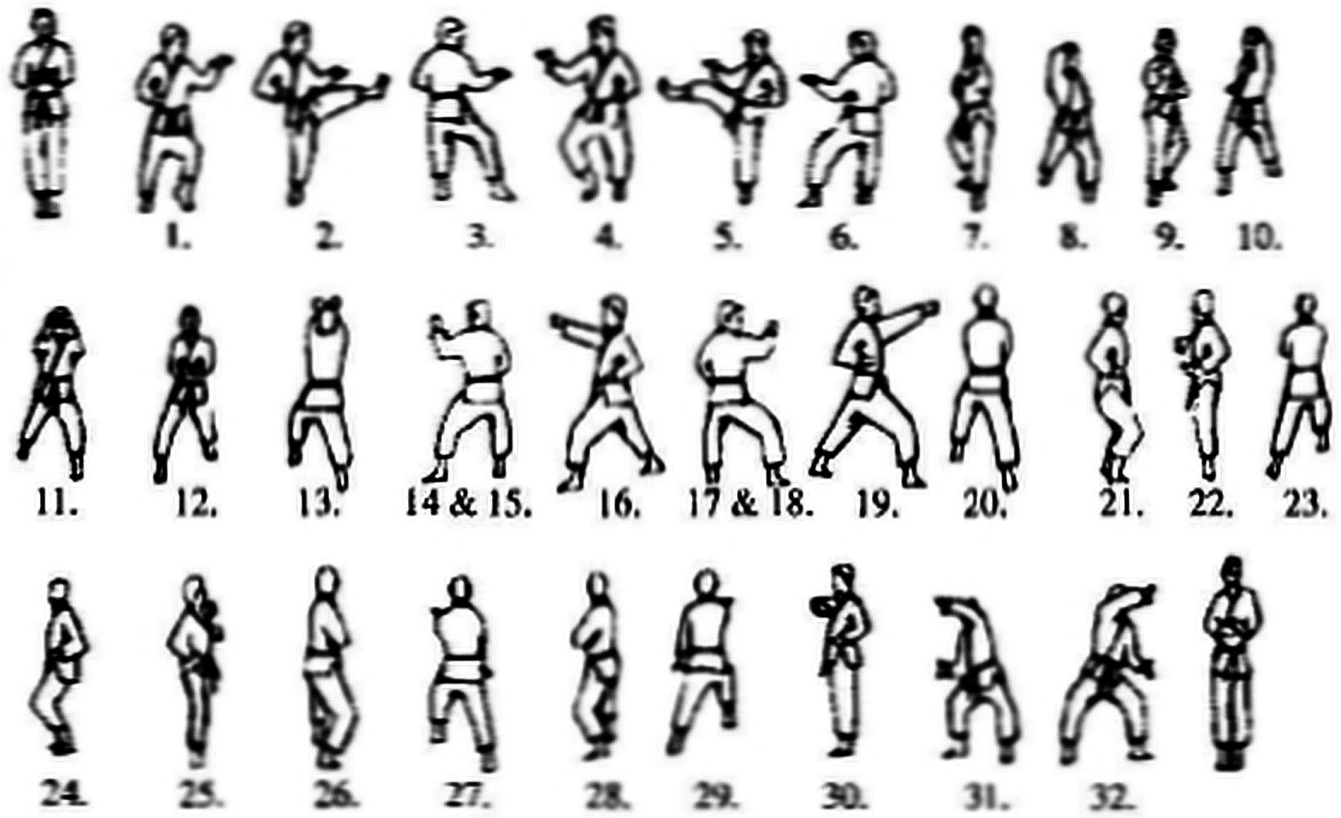
The blue belt represents the early morning skies.
The student is growing higher towards the sky

Technique	Stance
1. Left Ridgehand block ----------	Right Back
2. Left front kick ----------	--
3. Right upward palm strike ---------	Left Rear
4. Right Ridgehand block ----------	Left Back
5. Right front kick ----------	--
6. Left upward palm strike ----------	Right Rear
7. Left double Knifehand block -----	Right Back
8. Right upward elbow strike --------	Left Front
9. Right double Knifehand block ----	Left Back
10. Left upward elbow strike --------	Right Front
11. Twin high punch ----------	Left Front
12. Twin upset punch (kihap) --------	Right Front
13. High X block ----------	Left Front
14. Left back fist ----------	Right Back
15. Left hand pullback to Rt. hip ----	--
16. Right middle punch ----------	Left Front
17. Right back fist ----------	Left Back
18. Right hand pullback to Lt. Hip --	--
19. Left middle punch ----------	Right Front
20. Lt. Double inner forearm block -	Left Front
21. Left side punch ----------	Right Back
22. Right side kick ----------	--
23. Rt. Double inner forearm block -	Right Front
24. Right side punch ----------	Left Back
25. Left side kick ----------	--
26. Lt. Double outer forearm block -	Right Back
27. Pressing blocks (Tension) ---------	Left Front
28. Rt. Double outer forearm block--	Left Back
29. Pressing blocks (Tension)---------	Right Front
30. Balance transition Rt. Punch ----	Closed
31. Right stick block (C Block) -------	Left Back
32. LSt. Sick block(C Block)(kihap)	Right Back

Ba-Roh!
Left foot back to ready position

One Step / Self-Defense

1. **Attacker:** Right hand grabs partners left wrist.
   Defender: Left hand up to grab wrist, right palm strike to the face, right hand grabs elbow, move under the arm and twist around, hold elbow and pull up on the wrist.
2. **Attacker:** Right hand grabs partners right wrist.
   Defender: Left hand reaches across to grab hand, peel off hand and bend the elbow back, grab the elbow from underneath, pull hand back while pushing elbow up.
3. **Attacker:** While facing the defender, the right-hand grabs the lapel.
   Defender: Bring both hands up to grab the wrist, rotate straight arm clockwise, left elbow on attackers right elbow and apply downward pressure.
4. **Attacker:** Standing behind partner, right-hand grabs partners right shoulder.
   Defender: Step back with left foot, left Knifehand strike Teaneck, reach around and place hand on back, right-hand push under attackers chin push the chin up with the right-hand while pulling in with the left hand take attacker down to the floor.



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