

# Brown Stripe To Brown Belt



**Testing Requirements**

<b>Self-defense:</b>	31-35
<b>Form:</b>	Joong-Gun
<b>One-Steps:</b>	16-20
<b>Break:</b>	Spinning Back Kick

**New Techniques / Notes**

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**Self Defense**  
**(Brown Stripe to Brown Belt)**

- 31) Single Wrist Grab With Two Hands: Front kick to groin; circular wrist release; close punch to face.**
- 32) Rear One Hand Shoulder Grab: Cross step; circular cover block; palm strike to head; horizontal elbow to head.**
- 33) Rear Forearm Choke And Reverse Hammerlock: Back fist to face; step forward and twist free; knee to body.**
- 34) Rear Double Wrist Grab:**
- A. Far Away – Rear Kick**
  - B. Close – Stomp to instep; side kick to knee.**
- 35) Half Nelson: Stomp to instep; side step and hammer fist to groin; step back and rear horizontal elbow to head.**

# Joong-gun

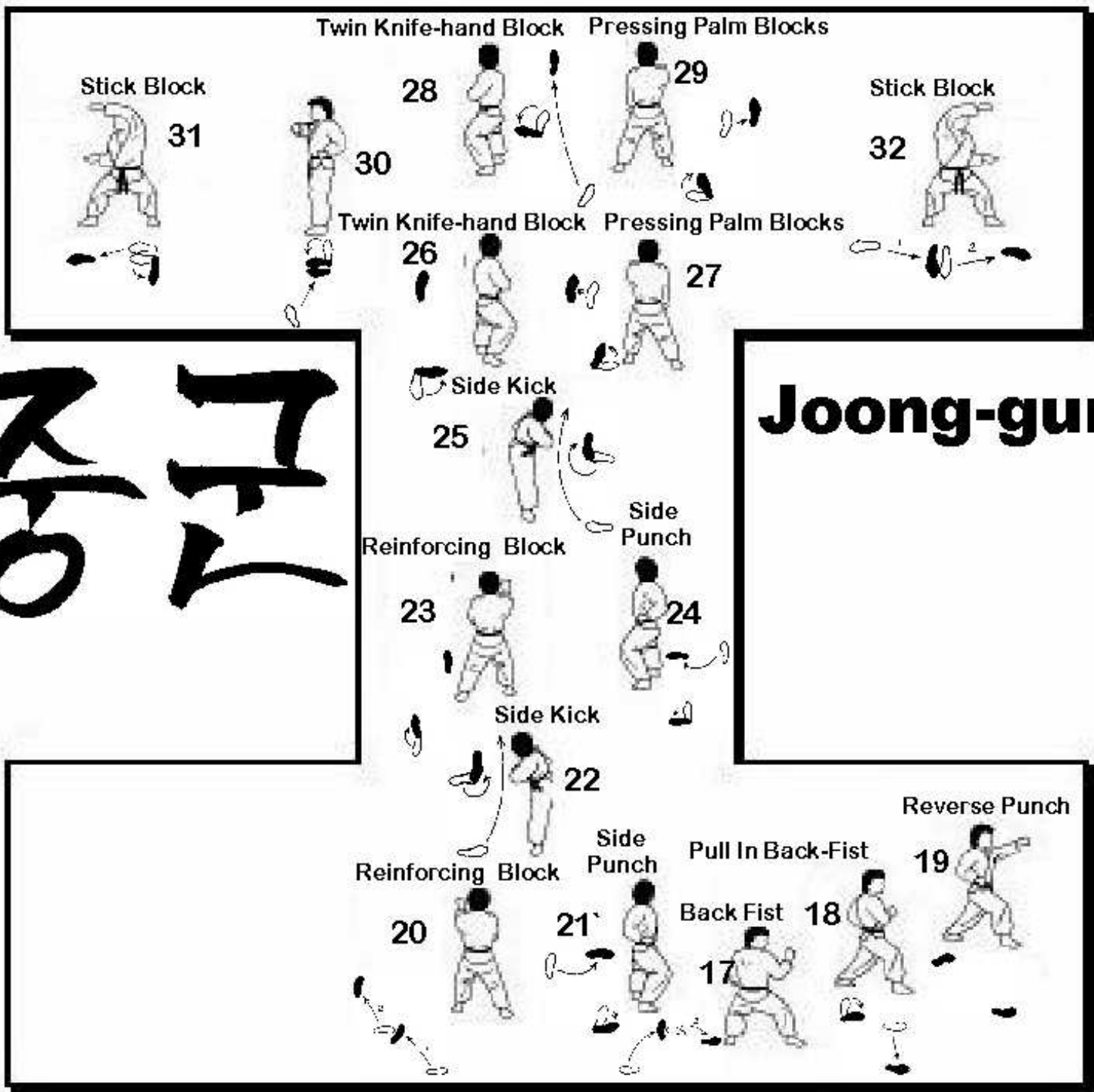
# 32 Movements

The diagram illustrates the 32 movements of the Joong-gun form, organized into three main sections:

- Top Section (Movements 1-6):**
  - 1. Ready Stance
  - 2. Circular Knife Hand Block
  - 3. Front Kick
  - 4. Circular Knife Hand Block
  - 5. Front Kick
  - 6. Rising Palm Block
- Middle Section (Movements 7-10):**
  - 7. Twin Knife-hand Block
  - 8. Rising Elbow Strike
  - 9. Twin Knife-hand Block
  - 10. Rising Elbow Strike
- Bottom Section (Movements 11-16):**
  - 11. Double High Punch
  - 12. Double Upset Punch
  - 13. High X-Block
  - 14. Back Fist
  - 15. Pull In Back-Fist
  - 16. Reverse Punch

This form is named after An Joong Gun, a Korean patriot who was killed by the Japanese military government occupying Korea in 1910.

# Joonggun



This form is required to advance to the rank of 4th gup brown belt. The 32 movements represent the age at which An Joong Gun was martyred.

