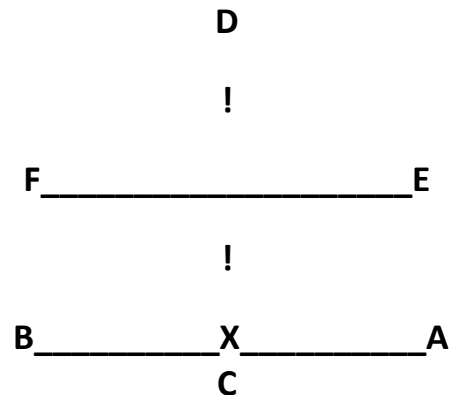


#6 – JOONG-GUN PATTERN - (32 MOVEMENTS)



Closed Ready Stance 'B' – Feet stay together and move Right fist (6 inches in front of the navel) covered by Left hand fingers.

1. Move Left foot to 'B' (90 degrees counter-clockwise) forming a Right back stance while executing a Middle section side block with Left reverse knife-hand.
2. Execute Low section front snap kick to 'B' with Left foot keeping both hands as they were in 1.
3. Lower Left foot to 'B' and then move Right foot to 'B' forming Left rear foot semi-cat stance while executing a ~~(upward)~~ downward block with Right palm fist.
4. Move Right foot to 'A' (180 degrees clockwise) forming a Left back stance while executing a Middle section side block with Right reverse knife-hand.
5. Execute Low section front snap kick to 'A' with Right foot keeping both hands as they were in 4.
6. Lower Right foot to 'A' and then move Left foot to 'A' forming Right rear foot semi-cat stance while executing a ~~(upward)~~ downward block with Left palm fist.
7. Move Left foot to 'D' (90 degrees counter-clockwise) forming Right back stance while executing Middle section guarding block with knife-hand.
8. Execute a High section strike with Right upper elbow while forming a Left front stance toward 'D' slipping the Left foot.
9. Move Right foot to 'D' forming a Left back stance while executing a Middle section guarding block with knife-hand.

10. Execute a High section strike with Left upper elbow while forming a Right front stance toward 'D' slipping the Right foot.
11. Move Left foot to 'D' forming a Left front stance while executing a High section vertical punch with twin fist.
12. Move Right foot to 'D' forming a Right front stance while executing upset punch with twin fist.
13. Move Right foot on line 'CD' (turn left 180 degrees counter-clockwise) forming Left front stance toward 'C' while executing a rising block with X-fist.
14. Move Left foot to 'E' (90 degrees counter-clockwise) forming a Right back stance while executing a High section side strike with Left back fist.
15. Slip Left foot to 'E' forming Left front stance (~~while pulling inward and twisting Left forearm until its palm faces upward~~) and execute a Left low section block.
* Perform 14 & 15 in a fast motion.
16. Maintain your stance, execute a High section punch with Right fist.
17. Bring Left foot to Right foot and then move Right foot to 'F' forming a Left back stance while executing a High section side strike with Right back fist.
18. Slip Right foot to 'F' forming Right front stance (~~while pulling inward and twisting Right forearm until its palm faces upward~~) and execute a Right low section block.
* Perform 17 & 18 in a fast motion.
19. Execute High section punch with Left fist.
20. Bring Right foot to Left foot and then move Left foot to 'C' (90 degrees counter-clockwise) forming a Left front stance while executing a High section block with Left double forearm (push-block / supporting block).
21. Execute a Middle section punch with Left fist while forming a Right back stance pulling Left foot.
22. Execute a Middle section side thrusting kick to 'C' with Right foot.
23. Lower Right foot to 'C' forming Right front stance while executing a High section block with Right double forearm (push-block / supporting block).
24. Execute Middle section punch with Right fist while forming a Left back stance pulling Right foot.
25. Execute a Middle section side thrusting kick to 'C' with Left foot.
26. Lower Left foot to 'C' forming Right back stance while executing a Middle section guarding block.

27. Execute a pressing block with Right palm fist in slow motion while forming a Left front low stance slipping Left foot.
28. Move Right foot to 'C' forming a Left back stance while executing a Middle section guarding block.
29. Execute pressing block with Left palm fist in slow motion while forming Right front low stance slipping Right foot.
30. Bring Left foot to Right foot forming Closed stance toward 'A' (90 degrees counter-clockwise) while executing an angle punch with Right fist in front of Left chest horizontally.
 - * Perform in a slow motion.
31. Move Right foot to 'A' forming Fixed stance while executing U-shape block (staff-block).
32. Bring Right foot to Left foot and then move Left foot to 'B' (180 degrees counter-clockwise) forming Fixed stance while executing U-shape block (staff-block).
Kihap.

Maintain the last step until the "return to ready stance" command is given then bring left foot back to closed ready stance 'B'.

Pattern demonstrated: <https://blackbeltwiki.com/joong-gun> (ITF Taekwondo Patterns)

<https://taekwondoanimals.com/itf-pattern-6-joong-gun>