



Yordan's Black Belt Academy Training Sheet

4th Gup to 3rd Gup– Blue Belt To High Blue (Red Stripe)

Always maintain knowledge from previous training sheets.

NEW PATTERN RESPONSIBLE FOR: JOONG-GUN

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 the pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.

THEORY OF POWER:

The elements of power interact with each other and depend on each other. For example, if one does not have good concentration, one's equilibrium may suffer; and if one does not have good equilibrium, it can be difficult to employ reaction force or maintain speed.

Speed	Travel time of striking tool to target. Without speed, none of the others are useful. You must be relaxed to be fast – both mentally and physically.
Focus	Using the smallest tool to the most vulnerable target. One must concentrate all of one's physical and mental energy on one target and one purpose.
Balance	Maintaining your center of gravity (2" below your navel) low and equally distributed over your feet while keeping your body upright. You must remain flexible yet stable.
Breath Control	Exhaling at the moment of impact when striking, blocking, or receiving a blow. This ability to control one's breathing adds stamina and power to techniques.
Reaction Force	For every action there is an equal and opposite reaction. (Newton's Law)

TECHNIQUES:

Stances:

- Close Ready Stance B

Hand techniques:

- Combination low block/ back fist in L stance
- Reverse upset fingertip
- Low section double forearm block in L-stance
- Low knifehand guarding block in L-stance
- W-shape block
- Shoulder grab, knee strike
- Jumping low X block in lateral X stance.

Foot techniques:

- Jump reverse vertical kick
- Twisting kick
- Jump turning/ jump spin hook combination
- Scissor action turning kick/ jumping hook kick with front leg combination

Sparring:

- One steps – minimum of six
- Free sparring – no contact

Self Defense:

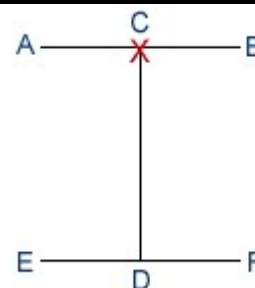
- Be prepared for all previous self defense techniques practiced in class.

Breaking:

- Techniques and number of boards will be determined by the testing board.

JOONG-GUN**32 MOVES**

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 the pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.



Directions for this pattern assume that the student is standing on line AB and facing D.

Ready Posture: Parallel Ready Stance

1	Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2	Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3	Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4	Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5	Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6	Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7	Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8	Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9	Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10	Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11	Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12	Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13	Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14	Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15	Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16	Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.
17	Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
18	Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
19	Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.
20	Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.
21	Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22	Execute a middle side piercing kick to C with the right foot.

JOONG-GUN		CONTINUED
23	Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.	
24	Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.	
25	Execute a middle side piercing kick to C with the left foot.	
26	Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.	
27	Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.	
28	Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.	
29	Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.	
30	Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.	
31	Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.	
32	Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.	
END: Bring the left foot back to ready posture.		