

Blue Belt

Form Name: Joon-Gun (*Pronounced: June Goon*)

Joon-Gun 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	FORM	STANCE
1. Left Ridgehand block		Right Rear
2. Left Front kick		Left Back
3. Right Upward Palm strike		Left Rear
4. Right Ridgehand block		
5. Right Front kick		Right Back
6. Left Upward Palm strike		Right Front
7. Left Double Knifehand block		Left Front
8. Right Upward Elbow strike		Left Back
9. Right Double Knifehand block		Right Front
10. Left Upward Elbow strike		Left Front
11. Twin High punch		Right Front
12. Twin Upset punch (<i>Kihapi</i>)		Left Front
13. High X-Block		Right Back
14. Left Backfist		Left Back
15. Pullback escape		Left Front
16. Right middle punch		Left Back
17. Right Backfist		Right Front
18. Pullback escape		Left Front
19. Left middle punch		Right Front
20. Left Sang-soo block		Right Back
21. Left Side punch		Right Front
22. Right Side kick		Right Front
23. Right Sang-soo block		Left Back
24. Right Side punch		Right Back
25. Left Side kick		Right Back
26. Left Double outer forearm block		Left Front
27. Pressing blocks (<i>Tension</i>)		Left Back
28. R. Double outer forearm block		Right Front
29. Pressing blocks		Closed
30. Balance transition Right punch		Left Back
31. Right Stick block		Right Back
32. Left Stick block (<i>Kihapi</i>)		

1. ATTACKER: LEFT HAND GRABS PARTNER'S RIGHT WRIST.

DEFENSE: WHILE STEPPING IN WITH RIGHT FOOT, BRING RIGHT HAND UP QUICKLY TO BREAK OPPONENT'S GRIP AND, WITH RIGHT PALM UP, GRAB HIS WRIST IMMEDIATELY WITH YOUR RIGHT HAND, USING YOUR LEFT HAND THUMB, APPLY PRESSURE TO THE PRESSURE POINT BETWEEN THE ELBOW AND LOWER TIP OF THE TRICEP MUSCLE INSIDE THE ARM WHILE YOU STILL HAVE THE PRESSURE POINT HOLD, STEP UNDER PARTNER'S ARM AND THROUGH TURNING CLOCKWISE TO SWING YOUR PARTNER'S ARM COUNTER CLOCKWISE UNTIL YOU HAVE HIS ARM BEHIND HIM, BY APPLYING PRESSURE TO THE WRIST LOCK WITH THE RIGHT HAND, YOU CAN CONTROL YOUR PARTNER. (PARTNER SHOULD TAP OUT)

2. Attacker: Right hand grabs partner's 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 Attacker's right elbow and apply downward pressure.

4. Attacker: Standing behind partner, right hand grabs partner's right shoulder.

Defender: Step back with left foot, Left knifehand strike to neck, Reach around & place left hand on back, Right hand push under attacker's chin, Push the chin up with the right hand, While pulling in with the left hand, Take Attacker down to the floor.

