

## Teen/Adults (All)

### Combination: Turning Kick (Front Leg)

#### Month 1:

##### **Start with left leg in front and hands up by chin (left guarding block)**

Hop forward left front punch / right reverse punch / Turn back heel / Front (L) leg turning kick / Right leg turning kick/foot to foot, Right leg turning kick

#### Month 2:

##### **Start with right leg in front and hands up by chin (right guarding block)**

Hop forward right front punch / left reverse punch / Turn back heel / Front (R) leg turning kick / Left leg turning kick/foot to foot, Left leg turning kick

### Jhoon-Gun (first Half this Cycle)

**Meaning:** Is named after the patriot An Jhoon 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 this form to represent Mr An's age when he was executed in Lui Shung prison in 1910.

#### Moves 32

##### **Start: Ready Stance 'B'**

#### Month 1:

1. Left reverse knife hand block, right I-stance
- 2 & 3 Left front kick and step into a left rear foot stance, right scooping block
4. Turn to the other side, right reverse knife hand block, left I-stance
- 5 & 6 Right front kick and step into a right rear foot stance, left scooping block
7. Move left foot into a right I-stance facing the front, left knife hand guarding block

#### Month 2:

8. Shift left into a left walking stance, right upward elbow strike
9. Move right foot forward into a left I-stance, right knife hand guarding block
10. Shift right foot into a right walking stance, left upward elbow strike
11. Step forward, left walking stance, twin vertical punch
12. Step forward, right walking stance, twin upset punch
13. Step a little, step a lot, left walking stance, high section x-pressing block

### Sticks: Releases

#### Month 1:

**Release 1:** Moving right foot, angle to the right, brush the stick, check the hand, slide the hand down, turn the stick and strike the hand

**Release 2:** Step out left foot, angle to the left, check the stick and the hand at the same time, circle around the wrist, reverse wrist lock, strike to the top of the elbow with your stick

**Release 3:** Angle to the right, check the stick and hand same time, snake around, either knife hand at wrist or palm out at wrist, pull the stick out and strike

#### Month 2:

**Release 4:** Angle to the left and step with the left foot, check stick and hand at the same time, rotate hand – fingers pointing down, thumb lock

**Release 5:** Angle off to the right, stir the soup, hit down with butt end, circle around, release

**Release 6:** Angle off to the right, check the stick, tip pointing up, circle around, release