

Joon-Gun

Lf = Left Foot, Rf = Right Foot, cw = clockwise, ccw = counter clockwise
Punches are middle section unless otherwise noted

1. Joon-Gun Joombi (Lf to Rf, left hand clasps right fist at belt knot level)
2. Lf 90° ccw back stance left outside ridgehand block
3. Lf front snap kick, step forward to cat stance, rising rt rising palm block
4. Rf 180° cw back stance right outside ridgehand block
5. Rf front snap kick, step forward to cat stance, rising lt palm block
6. Lf 90° ccw back stance double knifehand block, open to front stance rt vertical elbow strike
7. Rf back stance double knifehand block, open to front stance lt vertical elbow strike
8. Lf front stance, simultaneous double high punch
9. Rf front stance simultaneous double uppercut, Kiyap!
10. Turn around, Lf front stance, high X block
11. Lf steps back 90° ccw to back stance outside block, open to front stance lt wrist release, right punch
12. Turn around to Rt back stance right outside block, open to front stance rt wrist release, left punch
13. Rf matches to Lf, Lf steps out to front stance re-enforced lt outside block, close to lt back stance lt punch
14. Rf side kick to rt front stance, rt re-enforced outside block, close to rt back stance rt punch
15. Lf side kick, Kiyap!, land lt back stance, double guarding block
16. Lf matches to Rf, double pressing block (lt low, rt high), step out lf front stance tension double pressing block (rt low, lt high)
17. Rf back stance double guarding block
18. Rf matches to Lf, double pressing block (rt low, lt high), step out rf front stance tension double pressing block (lt low, rt high)
19. Chamber for hook punch, Lf matches to Rf (turning 90° ccw), execute hook punch (chest high)
20. Rf steps out, back stance, pole block (chambered cup and saucer on lt hip with arc hands)
21. Match Rf to Lf, Lf back stance, pole block (chambered cup and saucer on rt hip with arc hands)
22. Match Lf to Rf, Joon-Gun Joombi