

TERMINOLOGY APPLICABLE TO 4th KUPPatterns:

Joong Gun (32 movements): 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 this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.

Stances:

<i>Dwitbal Sogi</i>	Rear foot stance
<i>Moa Junbi Sogi 'B'</i>	Close ready stance 'B' (Level with your navel)
<i>Nachau Sogi</i>	Low stance

Body Parts:

<i>Ap Palkup</i>	Front elbow
<i>Bandal Son</i>	Arc hand
<i>Son Badak</i>	Palm
<i>Sonkal Dung</i>	Reverse knifehand

Attacking movements:

<i>Giokja Jirugi</i>	Angle punch – (Fist finishes on the chest line)
<i>Dollyo Jirugi</i>	Turning punch – (Fist finishes on the solar plexus line)
<i>Sang Dwijibo Jirugi</i>	Twin upset punch – (Used on two opponents)
<i>Sang Sewo Jirugi</i>	Twin vertical punch – (Used on a single opponent)
<i>Wi Palkup Taerigi</i>	Upper elbow strike – (Performed reverse only)
<i>Yobap Cha Busigi</i>	Side front snap kick – (Performed with hips half facing)

Defensive Movements:

<i>Degutcha Makgi</i>	U-shape block
<i>Kyocho Joomuk Chookyo Makgi</i>	X-fist rising block
<i>Son Badak Noolo Makgi</i>	Palm pressing block
<i>Son Badak Ollyo Makgi</i>	Palm upwards block
<i>Sonkal Dung Kaunde Makgi</i>	Reverse knifehand middle block

Sparring:

<i>Idil Matsoki</i>	Two versus one sparring
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General Terms:

<i>Neurin Dong Jak</i>	Slow Motion (Count to 4)
<i>Mikulgi</i>	Sliding
<i>Twimyo</i>	Flying
<i>Twiggi</i>	Jumping

General Information:

- When performing angle punch (*Giokja Jirugi*) the fist finishes on the chest line. Do not confuse with Turning Punch (*Dollyo Jirugi*) which finishes on the centre line.
- Arc hand (*Bandal Son*) is used for U-shape block.