

# 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.

## FORM

### TECHNIQUE

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

**Ba-roh!** Left foot back to ready position

### STANCE

- Right Back
- Left Rear
- Left Back
- Right Rear
- Right Back
- Left Front
- Left Back
- Right Front
- Left Front
- Right Front
- Left Front
- Right Back
- Left Front
- Left Back
- Right Front
- Left Front
- Right Back
- Right Front
- Left Back
- Right Back
- Left Front
- Left Back
- Right Front
- Left Back
- Right Front
- Closed
- Left Back
- Right Back

## ONE-STEPS

1. **Attacker:** Right hand grabs partner's left wrist.  
**Defender:** Left hand up to grab wrist, Right palm strike to the face, Right hand grabs elbow, Move under the arm and twist around, Hold elbow and pull up on the wrist.
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.

