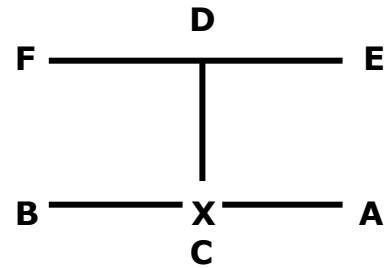


JOON-GUN: 4TH GRADE LOW-BLUE BELT FORM



NEW BLOCKS: Ridgehand Block, Upset Palm Block, Twisting Release Technique, Double Palm Pressing Block, U-Shape Block, X-Fist Block

NEW STRIKES: Reverse Vertical Elbow Strike, Twin Vertical Punch, Twin Upset Punch

NEW KICKS: #1 Front Kick, #2 Side Kick

NEW STANCES: Rear Stance

READY STANCE: Closed Ready Stance B

1. Left foot steps to B into right back stance, left ridgehand block.
2. Left #1 Front Kick.
3. Left foot steps down to right back stance. Right foot steps to B into left rear stance, right upset palm block to mid section.

4. Right foot steps clockwise to A into left back stance, right ridgehand block.
5. Right #1 Front Kick
6. Right foot steps down to left back stance. Left foot steps to A into right rear stance, left upset palm block to mid section.

7. Left foot steps to D into right back stance, left double knifehand block.
8. Left foot steps into left front stance, right reverse vertical elbow strike.
9. Right foot steps to D into left back stance, right double knifehand block.
10. Right foot steps into right front stance, left reverse vertical elbow strike.

11. Left foot steps to D into left front stance, twin vertical punch to high section.
12. Right foot steps to D into right front stance, twin upset punch to mid section. **KIHAP**
13. Right foot steps to line CD, left foot steps counter clockwise to C into left front stance, X-fist block to high section.

14. Left foot steps to E into right back stance, left backfist strike to high section.
15. No step, left twisting release technique (left fist turns counter clockwise until backfist faces downward toward E.)
16. Left foot steps into left front stance. Right reverse punch to high section.

17. Left foot steps to right foot. Right foot steps to F into left back stance, right backfist strike to high section.
18. No step right twisting release technique (right fist turns clockwise until backfist faces downward toward F.).
19. Right foot steps into right front stance. Left reverse punch to high section.

20. Right foot steps to left foot. Left foot steps to C into left front stance, left double inner forearm block.
21. Left foot steps to C into right back stance, left punch to mid section.
22. Right #2 Side kick.

23. Right foot steps down to C into right front stance, right double inner forearm block.
24. Right foot steps to C into left back stance, right punch to mid section.
25. Left #2 Side kick.

26. Left foot steps down to C into right back stance, left double outer forearm block.
27. Left foot steps into left front stance, left double palm pressing block (slow.)
28. Right foot steps to C into left back stance, right double outer forearm block.
29. Right foot steps into right front stance, right double palm pressing block (slow.) **KIHAP**

30. Left foot steps to right foot turning counter clockwise to A into closed ready stance. At the same time, place left fist on side and bring right fist in front of left chest with palm down (slow.)
31. Right foot steps to A into left back stance, right U-shape block.
32. Right foot steps to left foot. Left foot steps to B into right back stance, left U-shape block.

END: Left foot steps back to ready stance.