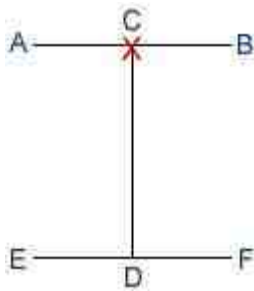


## ITF Taekwondo Joong-Gun Position Diagram



There are 32 movements in this ITF pattern.

Students start at C facing towards D (see position diagram below) and in a closed ready stance B

1. Turn left 90 degrees, move the left foot towards B forming a right L-stance while executing a middle block towards B with a left reverse knife-hand
2. Low side front snap kick towards B with the left foot, keeping the position of the hands as they were in step one
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand
5. Low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
8. Right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand
10. Left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E
16. High punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist
18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F
19. High punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion
20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm

21. Middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot
22. Middle side piercing kick to C with the right foot
23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm
24. Middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot
25. Middle side piercing kick to C with the left foot
26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm
27. Pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion
28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm
29. Pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion
30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion
31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A
32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B

Final step - Bring left foot back and return to the ready position.