## Joong Gun



Closed ready stance B



low side front snap kick



walking stance upper elbow strike



Walking stance Release move





L-stance

reverse knife-hand middle block

rear foot stance upward palm block

walking stance high vertical punch





low side front snap kick

rear foot stance

upward palm block

walking stance

upper elbow strike

walking stance rising X-fist block



L-stance knife-hand guarding block



L-stance

middle side piercing kick

walking stance upset punch



Walking stance back fist strike Release move



walking stance





fixed stance U-shape block



double forearm block



L-stance



L-stance

middle punch

L-stance

reverse knife-hand middle block

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L-stance

knife-hand

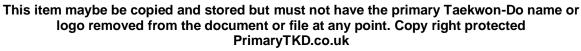
guarding block

L-stance back fist strike

walking stance

high reverse punch

low stance pressing block





walking stance double forearm block

middle side piercing kick



closed stance

right angle punch

middle guarding block

L-stance

fixed stance U-shape block

L-stance

middle punch



low stance pressing block



middle guarding block