

CHUNG-GUN HYUNG

4th Kup

32 movements



This pattern is named after the patriot An Chung Gun. The 32 movements represent the age at which he was martyred in prison in 1910. Ensure the twin upper-section punch begins with forearms vertical. Check weight distribution in the back stance prior to executing the lead-leg front kick.

#	+	Move	Stance	Action
1	N	On "Junbi"	Closed ready stance B ¹	Feet together. L hand cups R fist in front of the abdomen
2	W	L foot to W	R back stance	L inner-forearm ridge-hand ² block
3	W			L front kick ³ <i>followed quickly by</i>
4	W	Step forward	L cat stance ⁴	R lower-section palm pressing block ⁵
5	E	Pivot on L foot. R foot steps across (turn 180° C)	L back stance	R inner-forearm ridge-hand block
6	E			R front kick <i>followed quickly by</i>
7		Step forward	R cat stance	R lower-section palm pressing block
8	N	L foot to N	R back stance	Knife-hand guarding block
9	N	Shift L foot	L front stance	R upward elbow strike with L grab ⁶
10	N	Step forward	L back stance	Knife-hand guarding blocks
11	N	Shift E foot	R front stance	L upward elbow strike with R grab
12	N	Step forward	L front stance	Twin upper-section punch ⁷ STAMP
13	N	Step forward	R front stance	Twin upset punch STAMP
14	S	L foot steps across	L front stance	Upper-section X block ⁸

¹ As per closed ready stance A but with hands held in front of the abdomen

² Palm facing inward, thumb tucked across palm.

³ Kick from the front leg. Maintain hand positions.

⁴ A cat stance is similar to an L-stance, where the heels are touching and the feet are perpendicular. In a cat stance, however, the front heel is raised. Note that in the L cat stance, the L leg is behind (supporting).

⁵ The palm-heel chambers just behind the hips (as if readying to draw a revolver), travels forward with the leg as it steps forward, and finishes just outside the knee.

⁶ R elbow finished centre-line and above chin-height. Simultaneous to the strike, the L hand grabs at upper-section and retracts to floating ribs.

⁷ Twin upper-section punches begin with the fists to either side of the head, forearms vertical and palms facing outward. The fists then rotate inward, finishing in a vertical position in line with the eye sockets.

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#	+	Move	Stance	Action
15	E	L foot to E	R back stance	L back-fist strike
16	E			Pull down L hand to lower-section (as if breaking out of a hold) <i>followed quickly by</i>
17	E	Shift L foot	L front stance	R reverse punch
18	W	L foot to R foot, then R foot to W	R back stance	R back-fist strike
19	W			Pull down L hand to lower-section <i>followed quickly by</i>
20	W		R front stance	L reverse punch
21	S	R foot to L foot, then L foot to S	L front stance	L reinforced block
22	S	Shift L foot	L fixed stance	L mid-section lunge punch
23	S	Step forward		R side kick
24	S	Step down to	R front stance	R reinforced block
25	S	Shift R foot	R fixed stance	R mid-section lunge punch
26	S	Step forward	L back stance	Outer-forearm guarding block
27	S	Shift L foot	L long stance	Scissor palm pressing block ⁹ (under pressure)
28	S	Step forward	R back stance	Outer-forearm guarding block
29	S	Shift R foot	R long stance	Scissor palm pressing block (under pressure)
30	E	Pull L foot up	Parallel ready stance	R hook punch ¹⁰ (under pressure)
31	E	Turn L foot 90° CC	R fixed stance	Pole block ¹¹

⁸ Upper-section X block starts with the wrists crossed in front of the chest, palms facing inward and hands closed. The leading hand and the leading leg correspond. Stepping into front stance, thrust the X block upward, allowing the hands to rotate and block with the tops of the forearms. Tilt the head slightly to the lead side to look around the block

⁹ Scissor palm pressing blocks are intended to trap and break an opponent's leg. Shift into long stance and drop the lead hand down to just above and outside the leading knee. Raise the rear hand level with the chin in front of your shoulder. Both hands are open and vertical. Then, slowly and under pressure, raise the lead hand in a shallow inward arc and simultaneously lower the rear hand in a shallow inward arc. When the top of the lower hand and the bottom of the rear are in line with each other, rotate them so that the lead palm faces upward and the rear palm faces down. With a final push, move the hands just past one another.

¹⁰ Chamber L fist at lowest rib. Punching hand finishes in line with the shoulder.

¹¹ A pole block is intended to stop an attack from a vertical pole thrust. Chamber the hands at the rear hip, with the thumbs and forefingers forming a triangle. Whilst moving to a transitional L-stance, separate the hands and re-chamber

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#	+	Move	Stance	Action
		(to N), pull R foot to L foot, then R foot E		
32	W	R foot to L foot, then L foot to W	L fixed stance	Pole block KIUP
	N	On "Keuman" L foot to	Closed ready stance B	

at the lead hip, so that the lead hand is underneath the rear hand and the palms are facing one another. Shifting into fixed stance, thrust the arc hands to neck and groin height. The hands finish in line, just inside the lead knee.