

CHUNG-GUN

SUPPLEMENTAL FORM - 32 MOVEMENTS

Chung-Gun is named after the patriot Ahn Chung-Gun, who assassinated the first Japanese Governor-General of Korea and who was martyred in prison in 1910. It has 32 movements to commemorate his untimely death at the age of 32.

In the late 1800s to the early 1900s, Korea was in the middle of a power struggle between Japan, Russia & China. In 1904 Japan prevailed and laid claim to Korea. Japan's first action was to establish a provisional government with Hiro Bumi Ito as the first resident general. His first act was to force the weak Korean government to sign the Protectorate Treaty on November 19, 1905. This act allowed Ito to assign commissioners to govern provinces, force foreign powers to leave the peninsula, siege land, force Emperor Ko-Jong to abdicate, sell Korean territory to foreign governments, control over prisons & courts, disband the local police & army. Ahn Chung-Gun was born in the town of Hae-Ju, in the Hwang-Hae Province in 1879. He was a renowned educator and was credited for starting the Sam-Heung (3 Successes) School. Though raised as an educator, he became a guerrilla leader to fight the Japanese occupation. Based in Manchuria, Ahn Chung-Gun saw an opportunity to assassinate Ito. Knowing he had only one chance and that he would never escape alive, Ahn shot Ito as he was stepping off the train on October 26, 1909 at Harbin train station. Ahn was captured by the Japanese and imprisoned at Port Arthur. Ahn spent five months in prison enduring barbaric torture. Despite harsh treatment, his spirit never broke. He found enough energy to write "The Best Rivers & Mountains," a calligraphy expressing why he felt his country was the most beautiful on Earth. On March 26, 1910, Ahn was executed at Lui-Shung prison.



Begin: "B" ready stance starting at [X] facing North

1. Move left foot West forming LFF back stance while executing inverse knife-hand block with left inner forearm.
2. Stationary. Facing West, pull left hand to knife-hand down block while executing high-section front kick with left foot.
3. Landing in LFF back stance, move right foot West forming RFF back stance while executing upward block with right palm.
4. Move right foot East (turning clockwise 180 degrees) forming RFF back stance while executing inverse knife-hand block with right inner forearm.
5. Stationary. Facing East, pull left hand to knife-hand down block while executing high-section front kick with right foot.
6. Landing in RFF back stance, move left foot East forming LFF back stance while executing upward block with left palm.
7. Move left foot North (turning counter-clockwise 90 degrees) forming LFF back stance while executing middle-section double knife-hand guarding block.
8. Shift left foot North forming LFF front stance while executing upper elbow attack with right elbow.
9. Move right foot North forming RFF back stance while executing middle-section double knife-hand guarding block.
10. Shift right foot North forming RFF front stance while executing upper elbow attack with left elbow.
11. Move left foot North forming LFF front stance while executing high-section double punch with both fists.
12. Move right foot North, forming RFF front stance while executing middle-section double punch with both fists (palms pointing up).
13. Move left foot South (turning counter-clockwise 180 degrees) forming LFF front stance while executing high-section X block.
14. Move left foot East (turning 90 degrees) forming LFF back stance while executing back fist with left hand.
15. Shift left foot East forming LFF front stance while pulling left fist to right shoulder.
16. Stationary. Facing East, execute reverse high-section punch with right fist.
17. Move left foot to right foot (touching), then right foot to West forming RFF back stance while executing back fist with right hand facing West.
18. Shift right foot West forming RFF front stance while pulling right fist to left shoulder.
19. Stationary. Facing West, execute reverse high-section punch with left fist.
20. Move right foot to left foot (touching), left foot South forming LFF front stance while executing face attack.
21. Shift left foot South, forming LFF back stance while executing middle-section side punch with left fist.
22. Facing South, execute middle-section side kick with right foot.
23. Landing in RFF front stance while executing face attack.
24. Shift right foot South forming RFF back stance while executing middle-section side punch with right fist.
25. Facing South, execute middle-section side kick with left foot.
26. Landing in LFF back stance while executing fighting stance.
27. Shift left foot South forming LFF low-section front stance while executing pressing block (slow).
28. Move right foot South forming RFF back stance while executing fighting stance.
29. Shift right foot South forming RFF low-section front stance while executing pressing block (slow)
30. Move left foot to right foot (touching) facing East while horizontal right fist & left fist is by the waist (slow).
31. Move right foot East forming RFF back stance while executing stick block.
32. Move right foot to left foot (touching) then left foot West forming LFF back stance while executing stick block.

End: Move right foot back to [X] forming "B" ready stance facing North.

Reminders:

Ready Stance: body is upright; feet are touching; right closed fist, knuckles facing out, left hand bends at the knuckles to form the letter L. Left hand covers the right fist. Located at sternum level. (B Position)

RFF: Right Front Foot **LFF:** Left Front Foot