

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
	N	On "Junbi"	Closed ready stance B ¹	Feet together. L hand cups R fist in front of the abdomen
1	W	L foot to W	R back stance	L mid-section reverse knife-hand block ²
2	W			L front kick ³ followed quickly by
3	W	Step forward	L cat stance ⁴	R lower-section palm pressing block ⁵
4	E	Pivot on L foot. R foot steps across (turn 180° C)	L back stance	R mid-section reverse knife-hand block
5	E			R front kick followed quickly by
6		Step forward	R cat stance	R lower-section palm pressing block
7	N	L foot to N	R back stance	Knife-hand guarding block
8	N	Shift L foot	L front stance	R upward elbow strike with L grab ⁶
9	N	Step forward	L back stance	Knife-hand guarding blocks
10	N	Shift E foot	R front stance	L upward elbow strike with R grab
11	N	Step forward	L front stance	Twin upper-section punch ⁷ STAMP
12	N	Step forward	R front stance	Twin upset punch STAMP
13	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 Stationary 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. Elbow stops in line with body.

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 forward. The fists then rotate inward, finishing in a vertical position in line with the eye sockets.

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#	+	Move	Stance	Action
14	E	L foot to E	R back stance	L back-fist strike
15	E			Pull down L hand to lower-section (as if breaking out of a hold) <i>followed quickly by</i>
16	E	Shift L foot	L front stance	R reverse punch
17	W	L foot to R foot, then R foot to W	R back stance	R back-fist strike
18	W			Pull down L hand to lower-section <i>followed quickly by</i>
19	W		R front stance	L reverse punch
20	S	R foot to L foot, then L foot to S	L front stance	L reinforced block
21	S	Shift L foot	L fixed stance	L mid-section lunge punch
22	S	Step forward		R side kick
23	S	Step down to	R front stance	R reinforced block
24	S	Shift R foot	R fixed stance	R mid-section lunge punch
25	S	Step forward		L side kick
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)

⁸ Upper-section X block starts with the wrists crossed in front of the chest, palms facing inward and hands closed. The top (inner) 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 disarm a staff. 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 while slipping the back foot to lower your stance.

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

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#	+	Move	Stance	Action
31	E	Turn L foot 90° CC (to N), pull R foot to L foot, then R foot E	R fixed stance	U-shaped block ¹¹
32	W	R foot to L foot, then L foot to W	L fixed stance	U-shaped block KIUP
	N	On "Keuman" L foot to	Closed ready stance B	

¹¹ A pole block is intended to stop an attack from an overhand staff strike. 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 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.