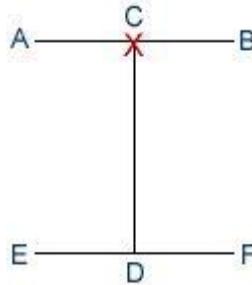


DAN-GUN



DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Movements - 21



Start Position - PARALLEL READY STANCE

The description for this pattern assumes that the student is standing on the X and facing D.

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle knife-hand guarding block to B.
2. Move the right foot to B forming a right walking stance toward B while executing a high right fist punch to B.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle knife-hand guarding block to A.
4. Move the left foot to A forming a left walking stance toward A while executing a high left fist punch to A.
5. Move the left foot to D forming a left walking stance toward D while executing a left low outer forearm block to D.
6. Move the right foot to D forming a right walking stance toward D while executing a high right fist punch to D.
7. Move the left foot to D forming a left walking stance toward D while executing a high left fist punch to D.
8. Move the right foot to D forming a right walking stance toward D while executing a high right fist punch to D.
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
10. Move the right foot to E forming a right walking stance toward E while executing a high right fist punch to E.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
12. Move the left foot to F forming a left walking stance toward F while executing a high left fist punch to F.
13. Move the left foot to C forming a left walking stance toward C while executing a left outer forearm low block to C.
14. Execute a left outer forearm rising block, maintaining the left walking stance toward C. **Perform 13 and 14 in a continuous motion.**
15. Move the right foot to C forming a right walking stance toward C, at the same time executing a right outer forearm rising block.

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16. Move the left foot to C forming a left walking stance toward C, at the same time executing a left outer forearm rising block with the left forearm.
17. Move the right foot to C forming a right walking stance toward C, at the same time executing a right outer forearm rising block.
18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle left knife-hand outward strike to B.
19. Move the right foot to B forming a right walking stance toward B while executing a high right fist punch to B.
20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle right knife-hand outward strike to A.
21. Move the left foot to A forming a left walking stance toward A while executing a high left fist punch to A.

END: Bring the left foot back to Parallel Ready Stance.

Stances and weight distribution

Note that in Walking Stance the front foot determines whether it is left or right. i.e. a Right Walking Stance is formed with the right foot in front. However in an L Stance the back foot determines whether it is right or left; i.e. a Right L Stance is formed with the right foot behind. This is because the foot carrying the bulk of the weight is used to name the stance. In an L Stance the weight is distributed 70%:30% in favour of the back leg. See your Instructor for clarification.