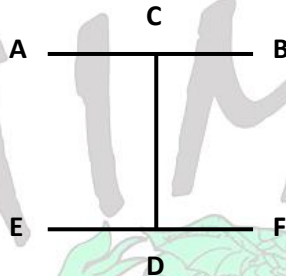


Dan Gun

Dan Gun: (21 movements) Is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C. - I-Pattern



- You will start at C facing D
1. Move the left foot to B, forming a right L (back) stance toward B, at the same time executing a middle guarding block to B with knife hands (Double Knife hand guarding block).
 2. Move the right foot to B forming a right walking (front) stance toward B while executing a middle punch to B with the right fist.
 3. Move the right foot to A, turning clockwise to form a left L (back) stance toward A, at the same time executing a middle guarding block to A with knife hands (Double Knife hand guarding block).
 4. Move the left foot to A, forming a left walking (front) stance toward A while executing a middle punch to A with the left fist.
 5. Move the left foot to D, forming a left walking (front) stance toward D while executing a low block to D with the left forearm.
 6. Move the right foot to D, forming a right front (walking) stance toward D while executing a middle punch to D with the right fist.
 7. Move the left foot to D, forming a left walking (front) stance toward D, at the same time executing a high punch to D with the left fist.
 8. Move the right foot to D, forming a right walking (front) stance toward D while executing a high punch to D with the right fist. **Kihap**
 9. Move the left foot to E, turning counterclockwise to form a right L (back) stance toward E while executing a twin outer forearm block (C block) to E.
 10. Move the right foot to E, forming a right walking (front) stance toward E while executing a middle punch to E with the right fist.
 11. Move the right foot to F, turning clockwise to form a L (back) stance toward F while executing a twin outer forearm block (C block) to F.
 12. Move the left foot to F, forming a left walking (front) stance toward F, at the same time executing a high punch to F with the left fist.
 13. Move the left foot to C, forming a left walking (front) stance toward C while executing a low block to C with left outer forearm.
 14. Execute a rising (high) block with the left forearm, 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 (front) stance toward C, at the same time executing a rising (high) block with the right forearm.
16. Move the left foot to C, forming a left walking (front) stance toward C while executing a rising (high) block with the left forearm.
17. Move the right foot to C, forming a right walking (front) stance toward C, at the same time executing a rising (high) block with the right forearm.
18. Move the left foot to B, turning counterclockwise to form a right L (back) stance toward B while executing a middle strike to B with the left knife hand.
19. Move the right foot to B, forming a right walking (front) stance toward B while executing a high punch to B with the right fist.
20. Move the right foot to A, turning clockwise to form a left L (back) stance toward A while executing a middle strike with the right knife hand.
21. Move the left foot to A, forming a left walking (front) stance toward A, at the same time executing a high punch to A with the left fist.

Notes: _____

