

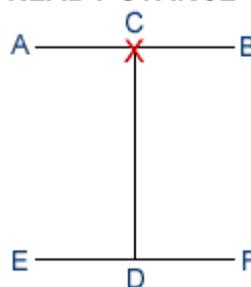
DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

DAN-GUN

Movements - 21

Ready Posture - PARALLEL

READY STANCE



1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
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 punch to E with the right fist.
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 punch to F with the left fist.
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
14. Execute a rising 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 stance toward C, at the same time executing a rising block with the right forearm.
16. Move the left foot to C forming a left walking stance toward C, at the same time executing a 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 rising block with the right forearm.
18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
19. Move the right foot to B forming a right walking 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-stance toward A while executing a middle outward strike to A with the right knife-hand.
21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

END: Bring the left foot back to a ready posture.

**Korean for each technique in
DAN-GUN**

01. Niunja so sonkal kaunde daebi makgi
02. Gunnun so ap joomuk nopunde baro jirugi
03. Niunja so sonkal kaunde daebi makgi
04. Gunnun so ap joomuk nopunde baro jirugi
05. Gunnun so bakat palmok najunde makgi
06. Gunnun so ap joomuk nopunde baro jirugi
07. Gunnun so ap joomuk nopunde baro jirugi
08. Gunnun so ap joomuk nopunde baro jirugi
09. Niunja so sang palmok makgi
10. Gunnun so ap joomuk nopunde baro jirugi
11. Niunja so sang palmok makgi
12. Gunnun so ap joomuk nopunde baro jirugi
13. Gunnun so bakat palmok najunde makgi
14. Gunnun so bakat palmok chukyo makgi
15. Gunnun so bakat palmok chukyo makgi
16. Gunnun so bakat palmok chukyo makgi
17. Gunnun so bakat palmok chukyo makgi
18. Niunja so sonkal kaunde yop taerigi
19. Gunnun so ap joomuk nopunde baro jirugi
20. Niunja so sonkal kaunde yop taerigi
21. Gunnun so ap joomuk nopunde baro jirugi