

PATTERN DAN-GUN (*Dan-Gun Tul*)

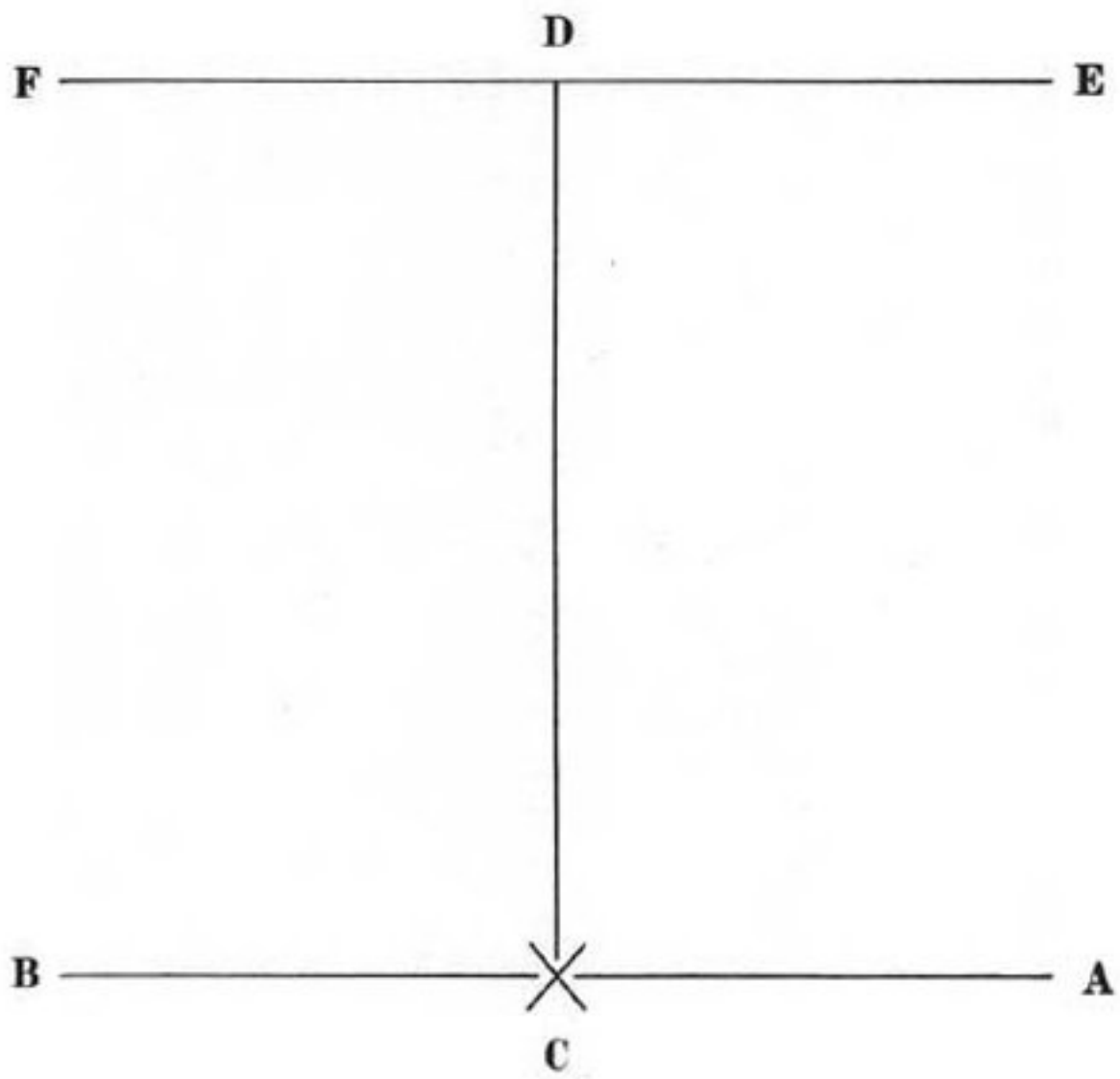
This pattern is practised by the 8th grade holder and above.

DIAGRAM: 

MOVEMENTS: 21

READY POSTURE: PARALLEL READY STANCE

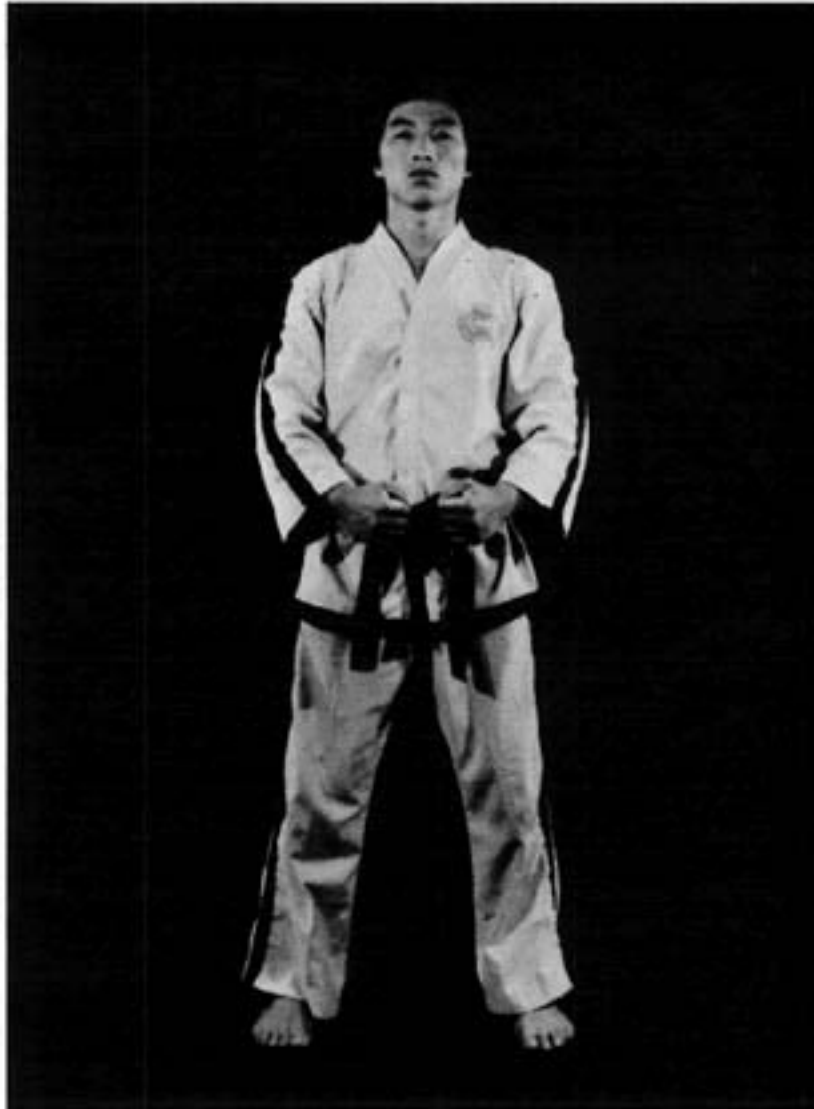
DIAGRAM (*Yon Moo Son*)



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

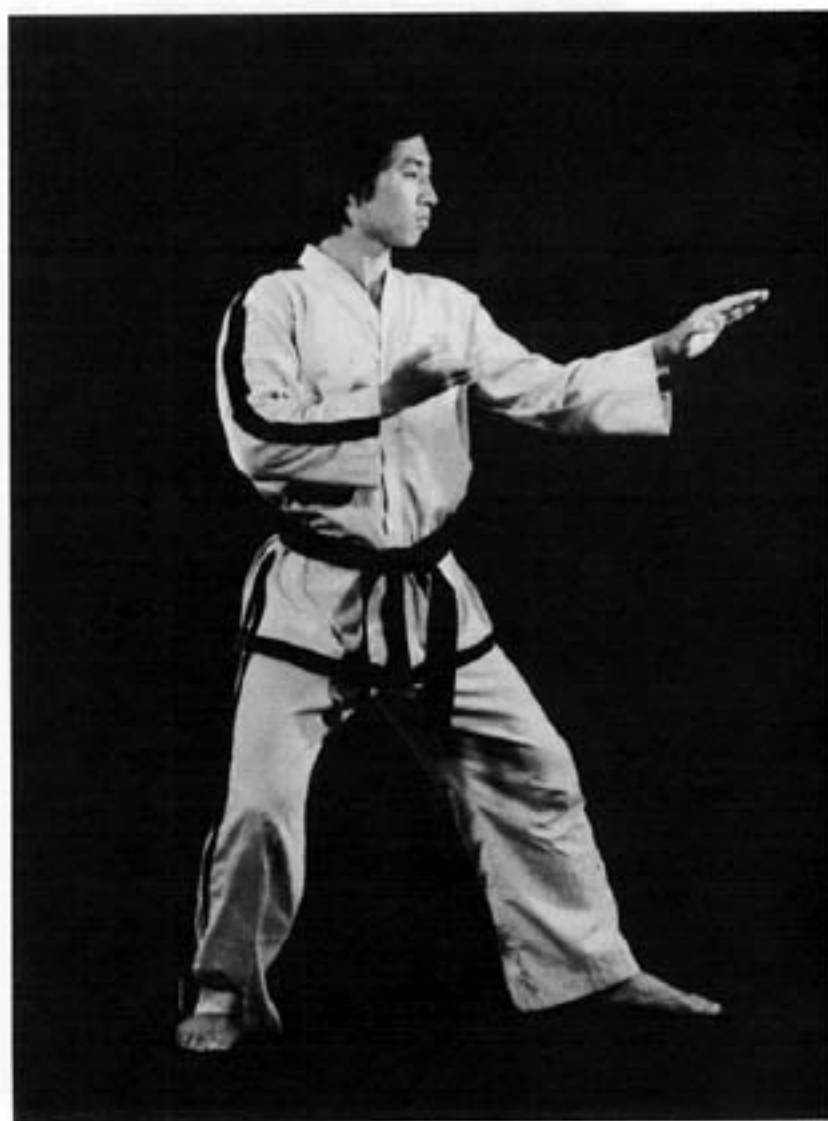
Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



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.

Right L-stance middle guarding block with a knife-hand toward B.



Previous Posture



Application

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.



Right walking stance
high punch toward B.



Previous Posture



Application



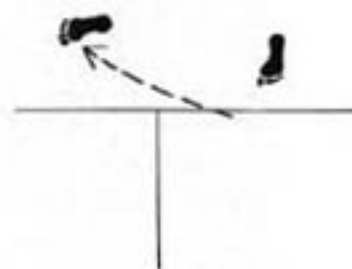
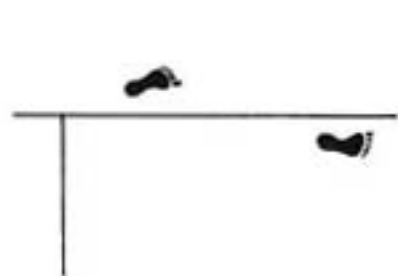
3. Move the right foot to A, turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.



Left L-stance middle guarding block with a knife-hand toward A.



Previous Posture



Application

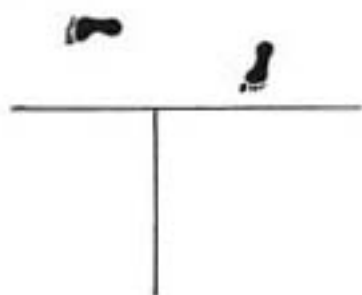
4. Move the left foot to A, forming a left walking stance toward A while executing a high punch to A with the left fist.



Left walking stance high punch toward A.



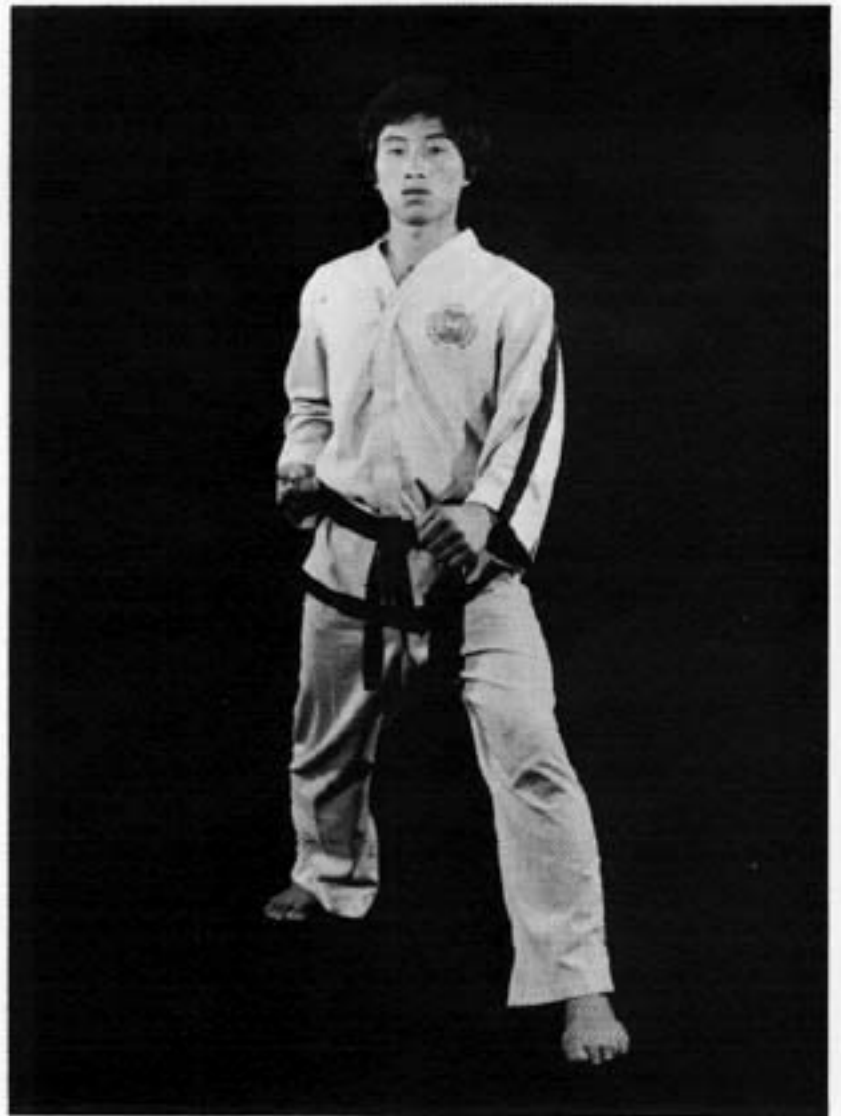
Previous Posture



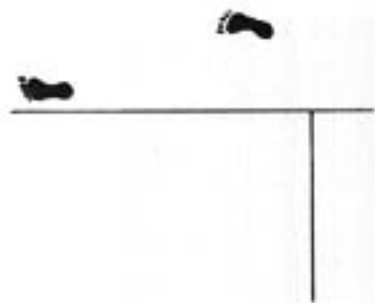
Application.



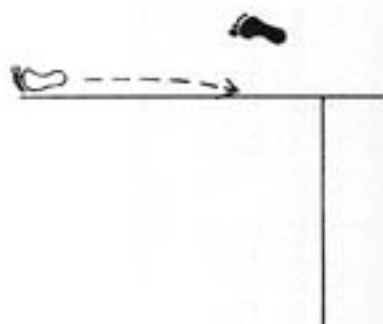
5. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.



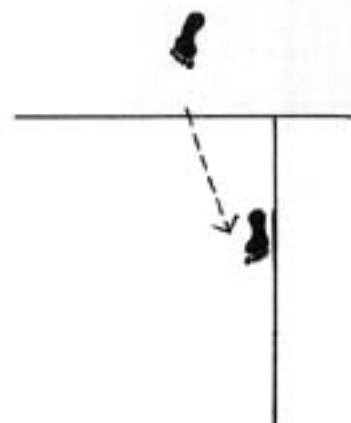
Left walking stance forearm low block toward D.



Previous Posture



Application

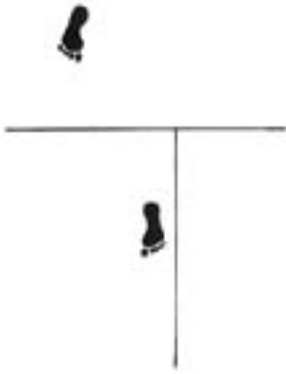


Top View

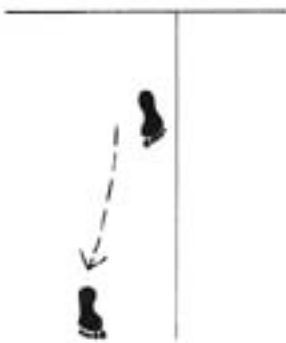
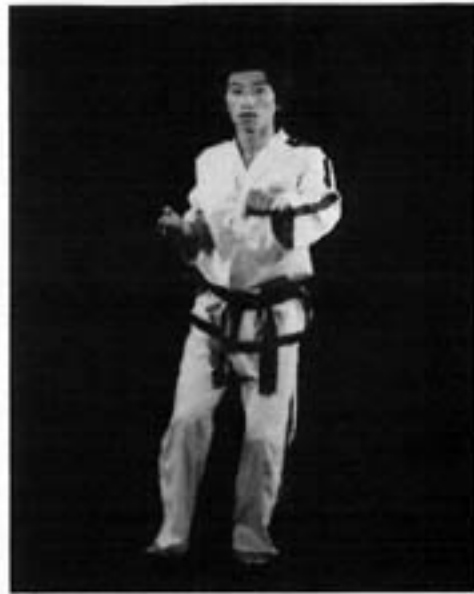
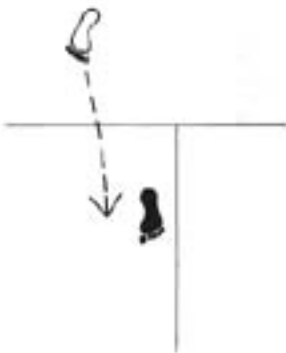
6. Move the right foot to D, forming a right walking stance toward D while executing a high punch to D with the right fist.



Right walking stance high punch toward D.



Previous Posture



Side View

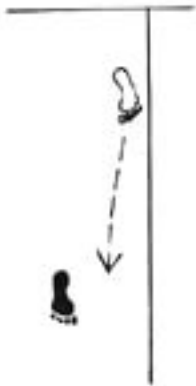
7. Move the left foot to D, forming a left walking stance toward D, at the same time executing a high punch to D with the left fist.



Left walking stance high punch toward D.



Previous Posture



Application



Side View



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.



Right walking stance high punch toward D.

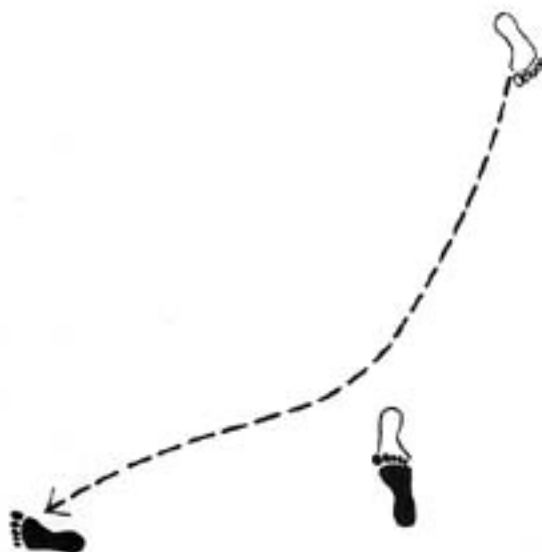
Previous Posture



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.



Right L-stance twin forearm block toward E.



Other View



Previous Posture



Application

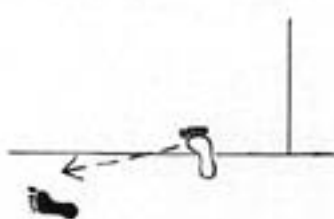
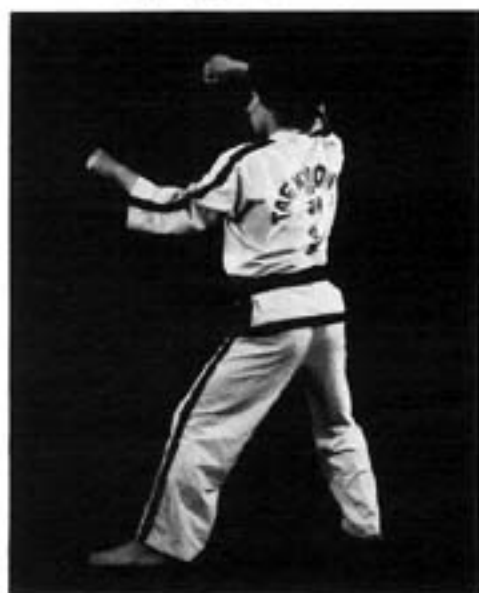


10. Move the right foot to E, forming a right walking stance toward E while executing a high punch to E with the right fist.

Right walking stance high punch toward E.



Previous Posture



Application



11. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin forearm block.



Left L-stance twin forearm block toward F.



Top View



Previous Posture

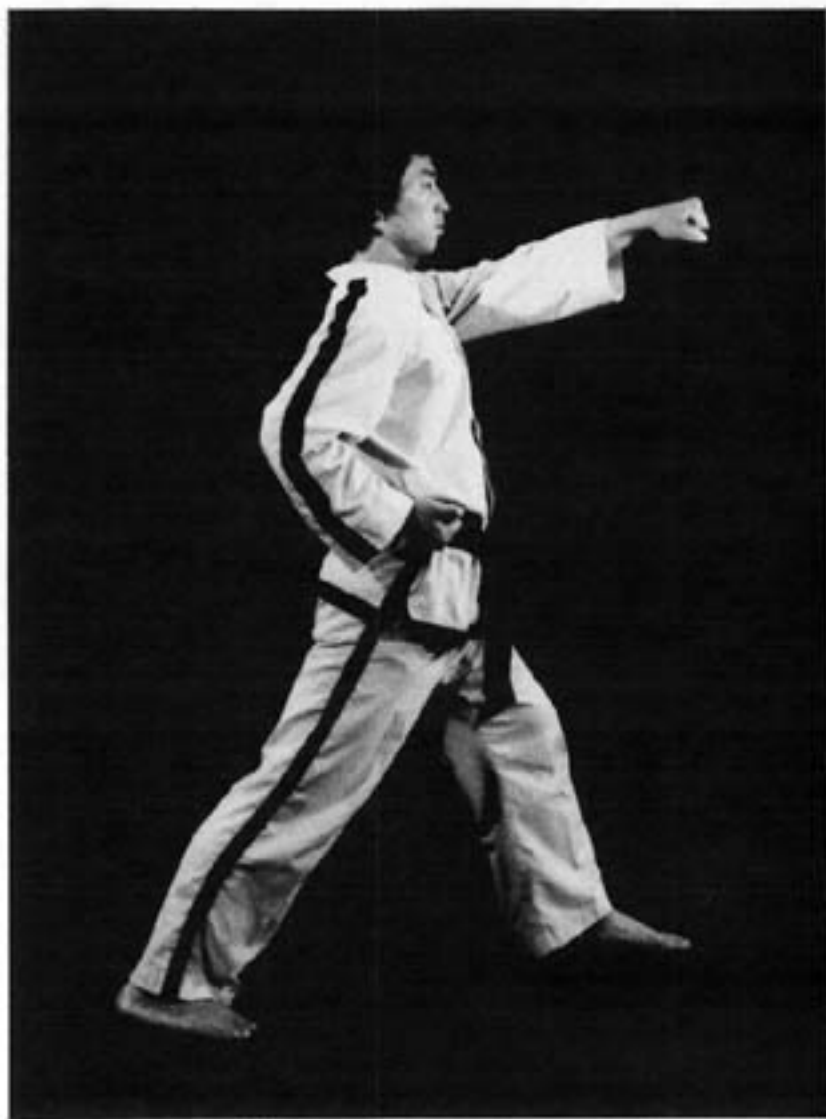


Application



Top View

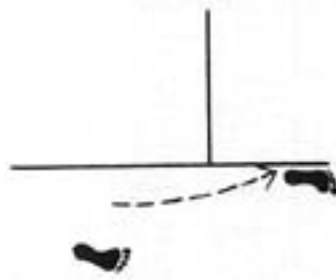
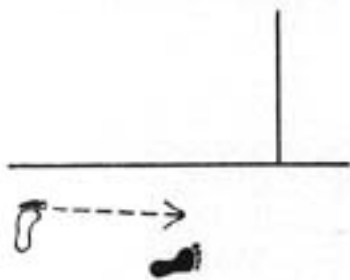
12. Move the left foot to F, forming a left walking stance toward F, at the same time executing a high punch to F with the left fist.



Left walking stance
high punch toward F.



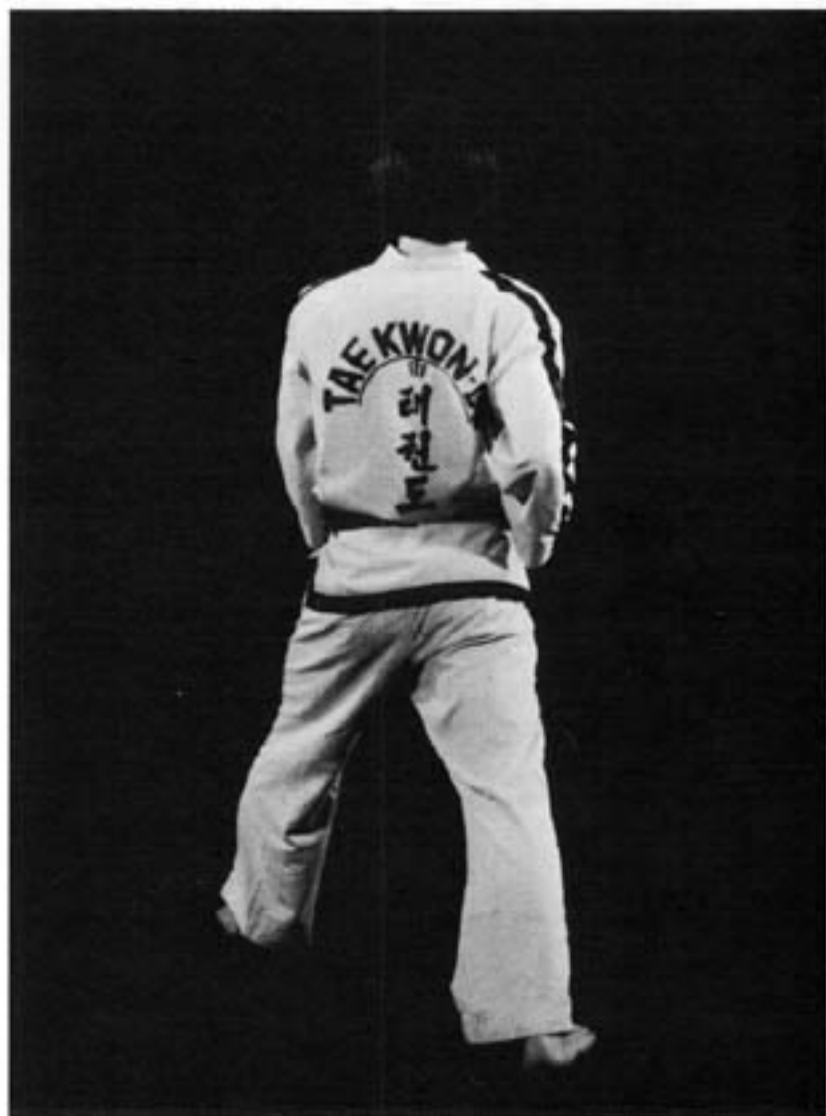
Previous Posture



Application



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.



Left walking stance forearm
low block toward C.

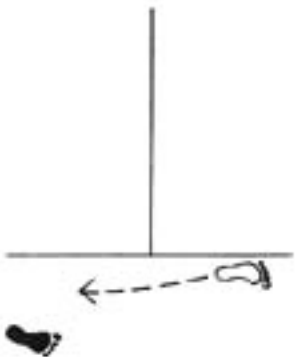
Previous Posture



Application



Top View



Other View



14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.



Left walking stance forearm rising block toward C.



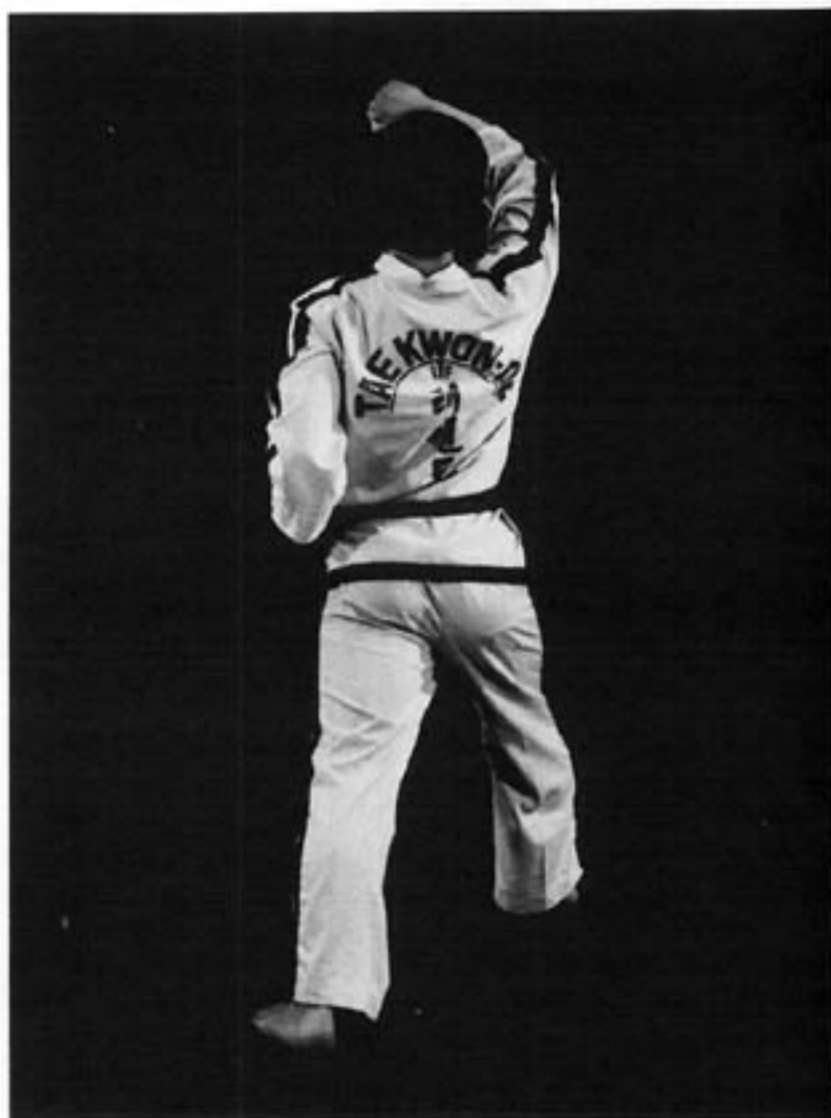
Previous Posture

Keep the right heel slightly off the ground.



Other View

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.



Right walking stance forearm
rising block toward C.



Previous Posture



Other View

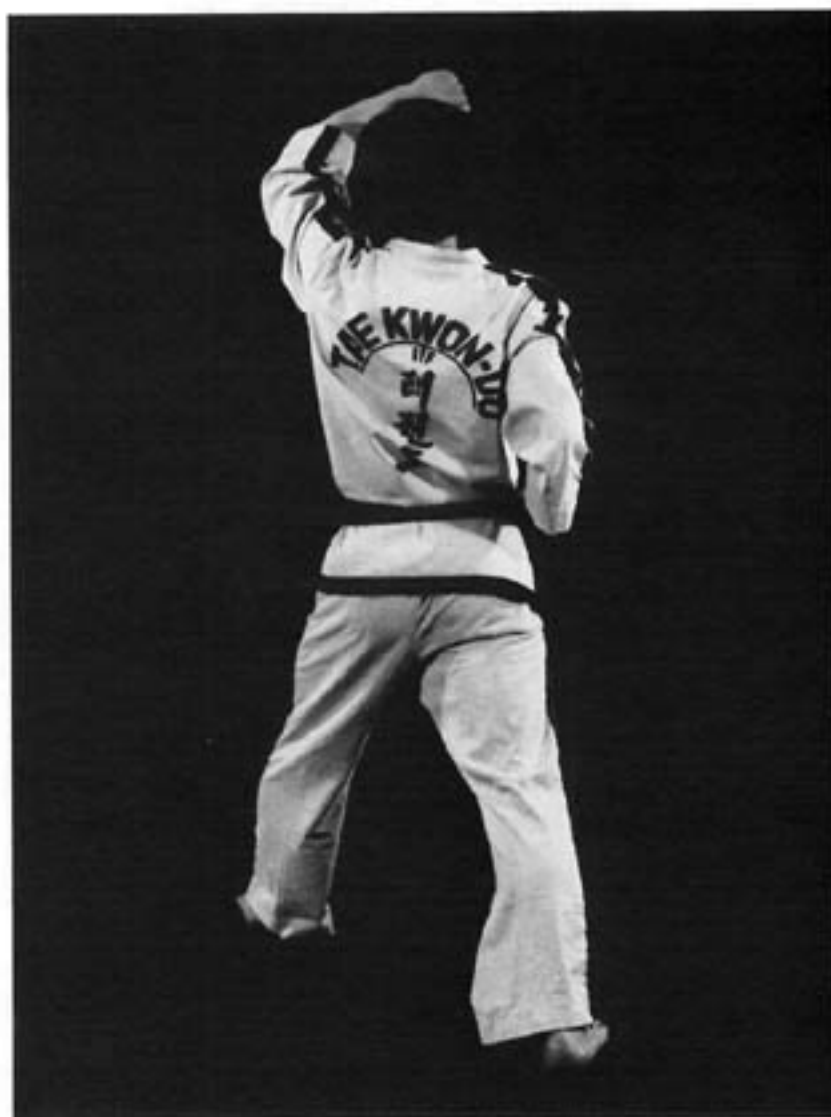


Application



Side View

16. Move the left foot to C, forming a left walking stance toward C while executing a rising block with the left forearm.



Left walking stance forearm rising block toward C.

Previous Posture



Other View

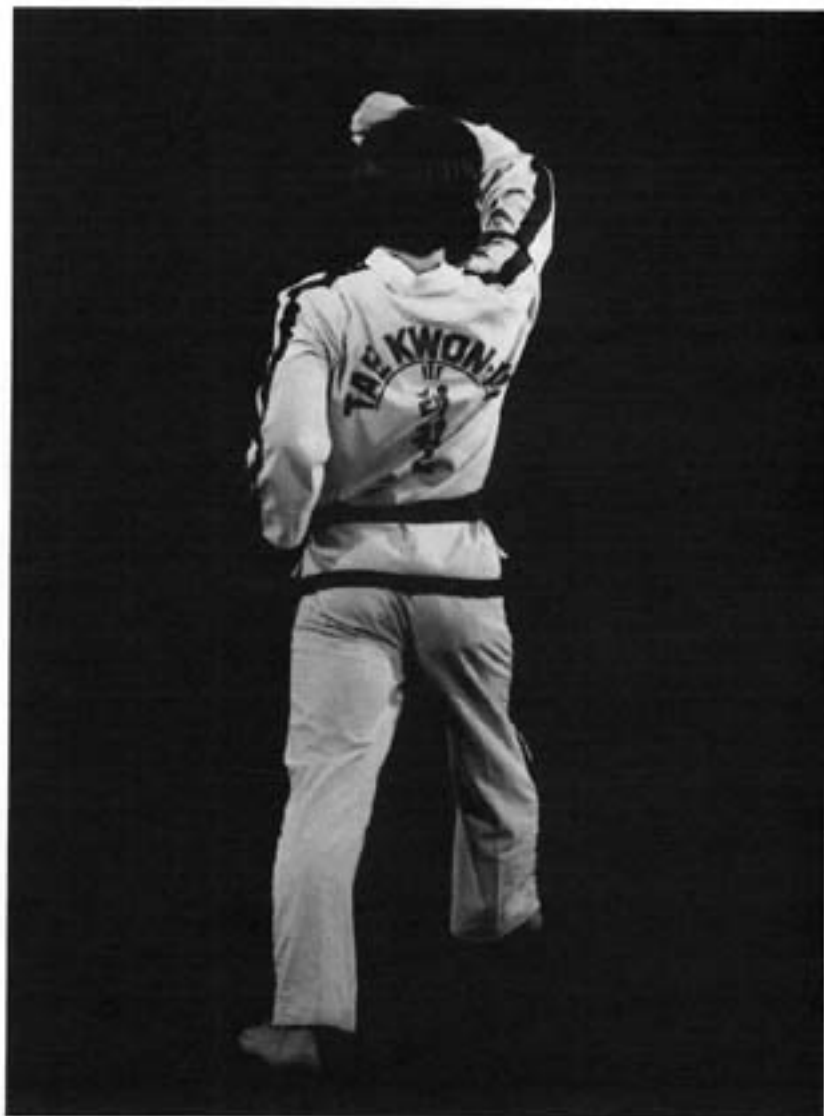


Application



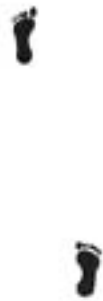
Side View

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.



Right walking stance forearm
rising block toward C.

Previous Posture

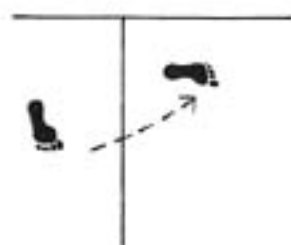
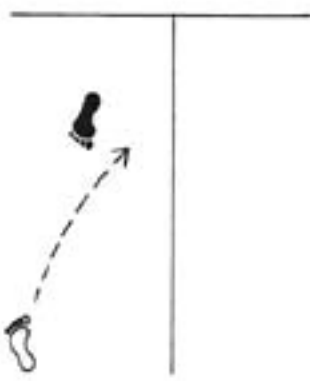


18. Move the left foot to B, turning counter-clockwise to form a right L-stance toward B while executing a middle strike to B with the left knife-hand.



**Right L-stance middle strike
with a knife-hand toward B.**

Previous Posture



Application Side

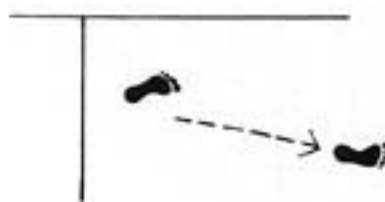
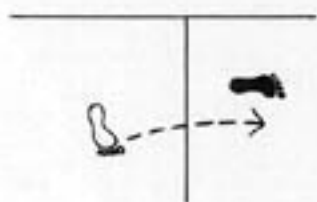
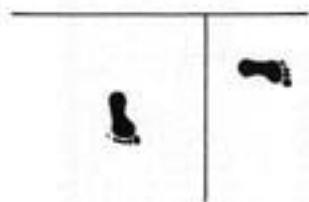


19. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.

Right walking stance middle punch toward B.



Previous Posture

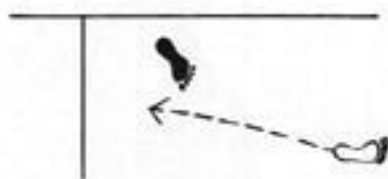


20. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle strike to A with the right knife-hand.

Left L-stance middle side strike with a knife-hand toward A.



Previous Posture



Application



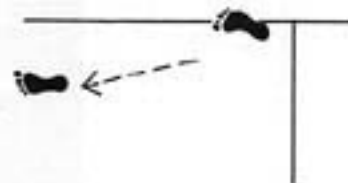
21. Move the left foot to A, forming a left walking stance toward A, at the same time executing a high punch to A with the left foot.



Left walking stance
high punch toward A.



Previous Posture

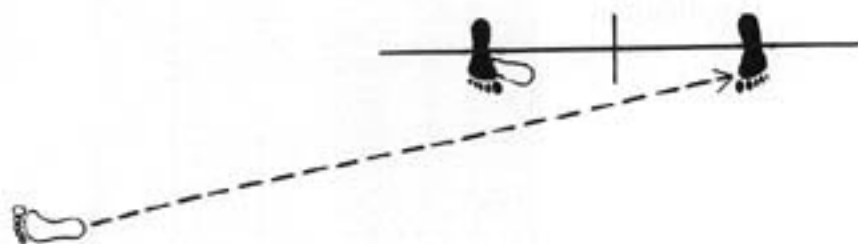
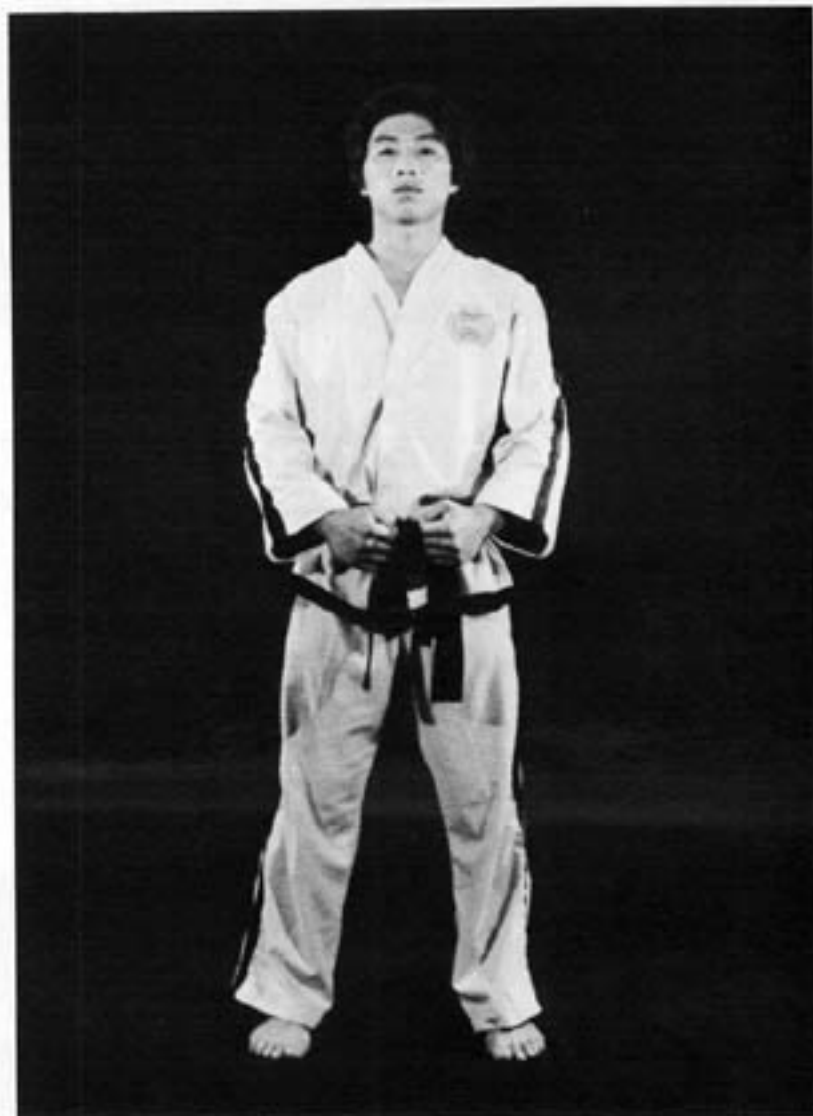


Application



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

Parallel ready stance toward D.



Previous Posture



Side View



**ADDITIONAL TECHNIQUES
FOR
PATTERN DAN-GUN**

Walking Stance High Punch (*Gunnun So Nopunde Jirugi*)

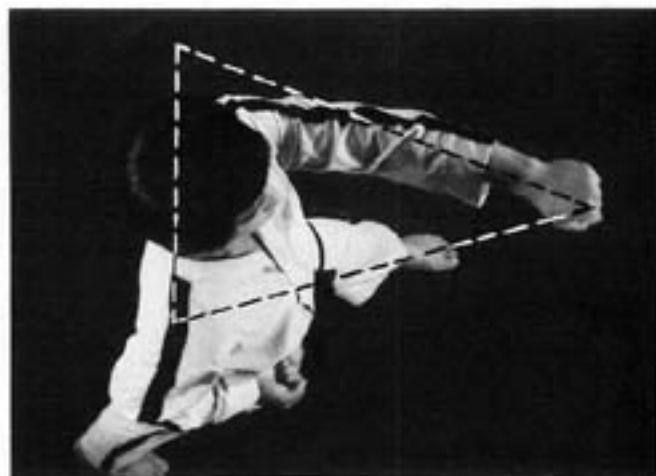
Front View



Back View



Side View



Top View

- * 1. The fist reaches the eye level of the attacker.
- 2. The fist is brought to the center of the attacker's body.

L-Stance Knife-hand Guarding Block

(Niunja So Sonkal Daebi Makgi)

Front View



Side View

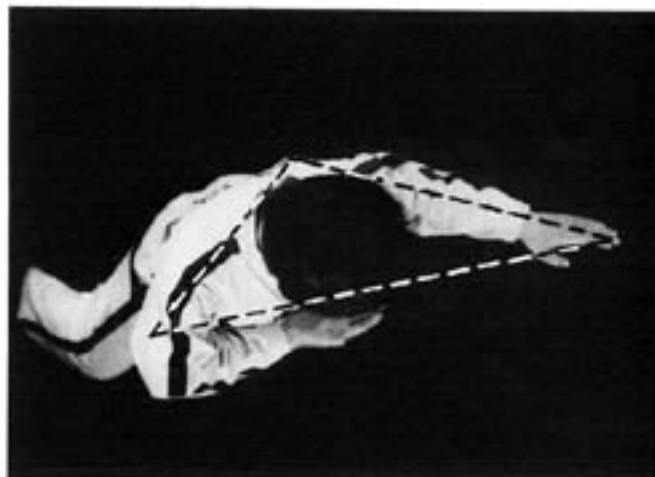


- * 1. Fingertip reaches the same level as the shoulder of the defender.
- 2. Knife-hand becomes half facing the opponent.

Back View



Top View



L-Stance Twin Forearm Block (*Niunja So Sang Palmok Makgi*)



Side View

The fist of the side blocking forearm usually reaches the same level as the shoulder of the defender.

Front View



Top View



Walking Stance Forearm Rising Block
(Gunnun So Palmok Chukyo Makgi)

Side View



Front View



The forearm stays at the center of the defender's forehead.

L- Stance Knife-hand Middle Side Strike
(Niunja So Sonkal Kaunde Yop Taerigi)



Side View

- * 1. The Knife-hand reaches the same level as the shoulder of the defender.
- 2. The body becomes half facing the opponent.



Top View