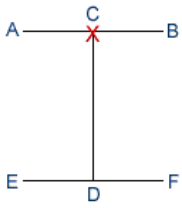


**DAN-GUN**

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.

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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.

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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.

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- 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.**

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- 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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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.