

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C. October 3rd is celebrated as a national holiday in Korea, to commemorate this founding father.

Number of Movements: 21

Ready Position: At X, facing the judges at D, in **Parallel Stance**

- In Parallel ready stance, feet are positioned one shoulder width from the outside of one foot to the outside of the other; the feet are parallel with the toes pointing only slightly inwards

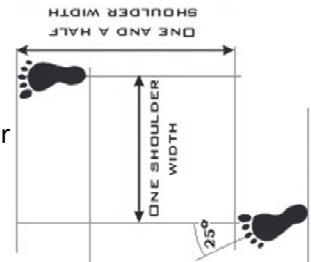
1) Move the left foot to the left forming a right L-stance toward B, at the same time executing a middle guarding block with a knife-hand.

- L-Stance: Body is half-facing; 1.5 shoulder widths in length; feet almost at a right angle, with both feet pointed 15 degrees inward; Bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally; Keep the hip aligned with the inner knee joint; always half-facing; about 70 percent body weight on the rear leg and 30 percent on the front leg
- When completed, your lead hand will be at shoulder level facing away from you and your other hand in front of your chest, palm up; , the tips of the fingers of the left hand should be directly above the toes of the left foot



2) Move the right foot forward to form a right walking stance while executing a high punch with the right fist.

- The target of the punch should be at the center line at head height
- When finished, the punching fist will be at head-level, the other fist at your belt, and the upper body will be full-facing



3) Spin clockwise on your left foot to turn in the opposite direction to form a left L-stance while executing a middle guarding block with a knife-hand.

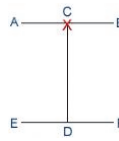
4) Move your rear foot forward to form a left walking stance while executing a high punch with the left fist.

5) Bring your left foot to your right foot as you turn toward D then move your left foot to D forming a left walking stance while executing a low block with your left forearm.

6) Move your right foot forward to form a right walking stance while executing a high punch with the right fist.

7) Move your left foot forward to form a left walking stance while executing a high punch with the left fist.

8) Move your right foot forward to form a right walking stance while executing a high punch with the right fist.



- 9) Bring your rear foot forward as you spin counter-clockwise on your right foot to face C then slide your left foot to E to form a right L-stance while executing a twin forearm block.
 - When finished, the lead arm will have the fist at eye-level with the elbow pointing downward, the other fist executing a rising block
- 10) Move the right foot to E forming a right walking stance while executing a high punch with the right fist.
- 11) Bring your front foot back to your rear foot as you turn to face C then slide your right foot to F to form a left L-stance while executing a twin forearm block.
- 12) Move the rear foot forward to form a left walking stance while executing a high punch with the left fist.
 - The target of the punch should be at the center line at shoulder height
- 13) Bring your front foot back to your rear foot as you turn to face C then slide your left foot to C forming a left walking stance while executing a low block with the left forearm.
- 14) Execute a rising block with the left forearm, maintaining the left walking stance. *Perform 13 and 14 in a continuous motion.*
- 15) Move the right foot forward to form a right walking stance while executing a rising block with the right forearm.
- 16) Move the left foot forward to form a left walking stance while executing a rising block with the left forearm.
- 17) Move the right foot forward to form a right walking stance while executing a rising block with the right forearm.
- 18) Bring your rear foot forward as you spin counter-clockwise on your right foot to face D then slide your left foot to B to form a right L-stance while executing a middle knife-hand strike with the left knife-hand.
- 19) Move the right foot forward to form a right walking stance while executing a high punch with the right fist.
- 20) Bring the right foot back along side of the left foot as you turn to face D then slide your right foot toward A to form a left L-stance while executing a middle knife-hand strike with the right knife-hand.
- 21) Move the left foot forward to form a left walking stance while executing a high punch to A with the left fist.

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