

Martial Arts Carolina
Form and Rank Requirement Sheet

Dan-Gun: 21 movements

History: Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Form:

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Turn CCW double knifehand block	W	RB
2. Step right punch (high section)	W	RF
3. Turn CW double knifehand block	E	LB
4. Step left punch	E	LF
5. Turn CCW left low block	N	RB
6. Right #2 round kick	N	RF
7. Left #2 round kick	N	LF
8. Immediately step right punch KIHAP	N	RF
9. Turn CCW 270° square block	E	RB
10. Step right punch	E	RF
11. Turn CW 180° square block	W	LB
12. Step left punch	W	LF <i>Halfway</i>
13. Turn left low block	S	LF
14. No step left high block	S	LF
15. Step right high block	S	RF
16. Step left high block	S	LF
17. Step right high block KIHAP	S	RF
18. Turn CCW 270° left knifehand strike	W	RB
19. Step right punch	W	RF
20. Turn CW right knifehand strike	E	LB
21. Step left punch	E	LF

Left foot returns to ready position

Signature Techniques: 1 – 4 Round Kicks, 1 – 4 Side Kicks, Back Fist Strike, Knifehand Strike, Square Block, Double Knifehand Block, Outer-forearm Block, and Back Stance.

Self Defense Techniques (*hands up touching cheeks, triangle, or at ears*): (1) Outer-forearm Block (back hand), #2 Round Kick, and 3 Knifehand Strikes to back. (2) Same block (front hand), #1 Front Kick, Back Fist Strike, and #1 Side Kick. (3) *Adult add-on* 2 circle wrist grab break away.