

# Dan-Gun

21 movements

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

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Turn CCW double knife hand block	W	RB
2. Step right punch (high section)	W	RF
3. Turn CW double knife hand 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° <b>knife hand</b> square block	E	RB
10. Step right punch	E	RF
11. Turn CW 180° <b>knife hand</b> square block	W	LB
12. Step left punch	W	LF
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 knife hand strike	W	RB
19. Step right <b>#2 round kick</b>	W	RF
20. Turn CW right knife hand strike	E	LB
21. Step left <b>#2 round kick</b>	E	LF

Left foot returns to ready position

## Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: **Knife hand block (back hand), #2 Round kick and step behind, knife hand strike to back of neck, sweep take-down (back collar grab), and Punch.**

(1b) SS: **#1 Front kick, Jab, Cross and #1 Round kick.**

(2a) SD: **Knife hand block (front hand), #1 Front Kick, Cross, #2 Round Kick, #2 Round Kick.**

(2b) SS: **Other side.**

