



KINETIC TAE KWON-DO

An ITF Martial Arts School

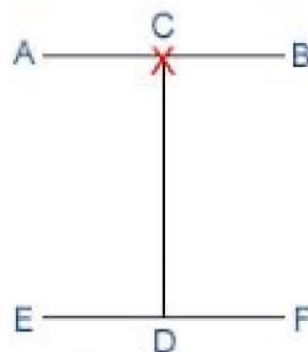
DAN-GUN

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

Movements - 21

Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing 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.
- 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.
- 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.
- 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.

Ki-Hap

- 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.
- 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.

태권도



KINETIC

TAE KWON-DO

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- 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.
- 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.

Ki-Hap

- 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.
- 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