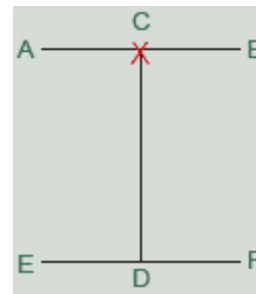


PATTERN DAN-GUN
Dan-Gun Tul

Movements - 21

Ready Posture - PARALLEL READY STANCE

Interpretation - *Dan-Gun* is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C.



Parallel ready stance toward 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, at the same time 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 counterclockwise 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.



12. Move the left foot to F, forming a left walking stance toward F, at the same time 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.



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 while 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 counterclockwise to form a right L-stance toward B while executing a middle 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 strike to A with the right knife hand.



21. Move the left foot to A, forming a left walking stance toward A, at the same time executing a high punch to A with the left fist.



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