



Pattern: Dan-Gun 21 Moves (outlined in full on the last page)

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

Top Tips for performing Dan-Gun

- All the 9 punches are high section and should be level with your eyes.
- The hardest move is the twin forearm block, chamber properly by pushing your elbows out and make sure the middle section block is performed with the arm that is the same side as the forward leg.
- Moves 13-14 the Low Block Rising Block combination are performed in “Continuous Motion” which is 2 movements, 2 sinewave, 1 breath.

Aim to get to the next level

Tick when competent

For more details please ask your instructor






Technique to work on	Goal	
Front Snap Kick	Aim for a controlled middle section kick with correct foot shape	<input type="checkbox"/>
Blocks	Demonstrate rising and knife-hand blocks	<input type="checkbox"/>
Twin Forearm Block	Properly execute moves 9 & 11 in Dan-Gun	<input type="checkbox"/>
Continuous Motion	Understand continuous motion and how it is used in Dan-Gun	<input type="checkbox"/>
Physical		
Press ups	Be able to complete 20-25 proper technique press ups	<input type="checkbox"/>
Star Jumps/Burpees	Work on your overall aerobic fitness	<input type="checkbox"/>
Core strength	Plank for 90 seconds, Body weight squats	<input type="checkbox"/>

Self Defence

As previous levels, but increase the accuracy and intensity as you progress



3 Step Sparring (Sambo Matsoki) (1-4)

The first 4 exercises are defended with the right leg going back first				
No	Measure and Attack		Defence	Counter
1		Middle punch walking stance	Middle inner forearm block to the inside three times	Reverse punch
2	3 Step 2-way: As above, but after the first counter the attacker punches again 3 times stepping backwards. Defender then blocks stepping forwards and repeats the counter at the end.			
3		Low front snap kick walking stance	Low outer forearm block to the inside three times in walking stance	Low front snap kick off the front foot, drop to walking ready stance, hands by side
4		High punch walking stance	High outer forearm block three times in walking stance	High flat fingertip thrust
Note: When returning to 'Ready' the attacker steps back and the defender forwards				

Grading Theory to Revise

Find out the meaning behind yellow belt and what a belt is called in Korean	<input type="checkbox"/>
Meaning of "the Tenet Integrity"	<input type="checkbox"/>
Which of the "Tenets" means "exercising restraint?"	<input type="checkbox"/>
Remember the Korean terminology for the following	
Knife Hand Block: Kaunde Sonkal Daebi Makgi . "Kaunde" means middle as in section	<input type="checkbox"/>
Twin Forearm Block: Sang Palmok Makgi	<input type="checkbox"/>
Strike: Taerigi as in the knife-Hand strike you do in Dan-Gun	<input type="checkbox"/>



8th Kup



Pattern: DAN-GUN Moves: 21 Ready Position: Narani Chunbi Sogi	단군
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			Technique	
Step	Move	Stance	English	Korean
1	to left	right Niunja	Mid knifehand guarding block	Kaunde Sonkal Daebi Makgi
2	forward	right Gunnun	High section obverse punch	Nopunde Baro Jirugi
3	180 right	left Niunja	Mid knifehand guarding block	Kaunde Sonkal Daebi Makgi
4	forward	left Gunnun	High section obverse punch	Nopunde Baro Jirugi
5	left 90	left Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
6	forward	right Gunnun	High section obverse punch	Nopunde Baro Jirugi
7	forward	left Gunnun	High section obverse punch	Nopunde Baro Jirugi
8	forward	right Gunnun	High section obverse punch	Nopunde Baro Jirugi
9	270 turn	right Niunja	Twin forearm block	Sang Palmok Makgi
10	forward	right Gunnun	High section obverse punch	Nopunde Baro Jirugi
11	180 right	left Niunja	Twin forearm block	Sang Palmok Makgi
12	forward	left Gunnun	High section obverse punch	Nopunde Baro Jirugi
13	left 90	left Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
14	stay		Rising block	Chookyo Makgi
15	forward	right Gunnun	Rising block	Chookyo Makgi
16	forward	left Gunnun	Rising block	Chookyo Makgi
17	forward	right Gunnun	Rising block	Chookyo Makgi
18	180 left	right Niunja	Mid knifehand strike	Kaunde Sonkal Taerigi
19	forward	right Gunnun	High section obverse punch	Nopunde Baro Jirugi
20	180 right	left Niunja	Mid knifehand strike	Kaunde Sonkal Taerigi
21	forward	left Gunnun	High section obverse punch	Nopunde Baro Jirugi
End	Bring left foot back to Narani Chunbi Sogi			