



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.

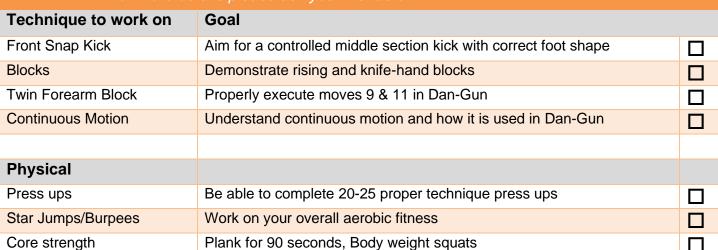
### Top Tips for performing Dan-Gun

- 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





### 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 rig	ht leg going back first						
No		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	£ 35	High punch walking stance	High outer forearm block three times in walking stance	High flat fingertip thrust					
Note: Whe	n returning to 'Re	ady' the attacker steps ba	ck and the defender forwards						

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





Pattern: DAN-GUN

Moves: 21

Ready Position: Narani Chunbi Sogi



			Techn	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					