



## Dan-Gun - 8th Kup

**Movements in pattern:** 21

**Meaning:** DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333 BC

**Starting position:** Parallel ready stance

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
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
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
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