

DAN GUN TUL

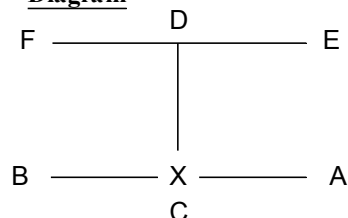
Junbi: Narani junbi sogi

21 Movements

Definition:

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

Diagram



START: 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 knifehand.
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, forming a left L stance toward A, at the same time executing a middle guarding block to A, with a knifehand.
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 anti-clockwise to form a right L stance towards 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 towards 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 while 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 while executing a rising block with the right forearm.
18. Move the left foot to B, turning anti-clockwise to form a right L stance towards B while executing a middle outward strike to B with the left knifehand.
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 towards A while executing a middle outward strike to A with the right knifehand.
21. Move the left foot to A, forming a left walking stance toward A while executing a high punch to A with the right fist.

END: Bring the left leg back to ready posture (Junbi).