

WHO WAS DANGUN?

Dangun or Dangun

Wanggeom was the legendary founder and god-king of Gojoseon, the first Korean kingdom, around present-day Liaoning, Manchuria, and the northern part of the Korean Peninsula. He is said to be the "grandson of heaven" and "son of a bear", and to have founded the kingdom in 2333 BC. The earliest recorded version of the Dangun legend appears in the 13th-century book the *Samguk Yusa*.

Dangun ascended to the throne, built the walled city of Pyongyang (present capital of North Korea), and called the kingdom Joseon. He then moved his capital to Asadal on Mount Baegak. Fifteen hundred years later, in the year Kimyo, King Wu of the Zhou Dynasty of China forced his way into Joseon, and Dangun moved his capital to Jangdangyeong. Finally, he returned to Asadal and became a mountain god at the age of 1,908 (wow that's old!)

Dangun is the second pattern or Tul in ITF Taekwon-Do. We learn that the Tul represents "The holy and legendary founder of Korea in the year 2333 BC." All the punches in Dan Gun are high section (eye level) symbolising Dangun scaling a mountain!



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