

Pattern Dan-gun

Is named after the holy Dan-Gun,
the legendary founder of Korea
in the year 2333 B.C. (21 movements).

starting position	1.turn left: LS	2.step forward: WS
Chunbi sogi	L knife hand guarding block	R fist punch (high)
		
3.turn 180 degrees: WS	4.step forward: WS	5.turn 90 degrees: WS
R knife hand guarding block	L fist punch (high)	L low block
		
6.step forward: WS	7.step forward: WS	8.step forward: WS
R fist punch (high)	L fist punch (high)	R fist punch (high)
		

9.turn 270 degrees: LS	10.step forward: WS	11.turn 180 degrees: LS
L twin forearm block	R fist punch (high)	R twin forearm block
		
12.step forward: WS	13.turn 90 degrees: WS	14.don't step
L fist punch (high)	L low block	L rising block
		
15.step forward: WS	16.step forward: WS	17.step forward: WS
R rising block	L rising block	R rising block
		

18.turn 270 degrees: LS	19.step forward: WS	20.turn 180 degrees: LS
L knife hand strike	R fist punch (high)	R knife hand strike
		
21.step forward:WS	step left foot to ready	
L fist punch (high)	chunbi	
		