

## Dan-Gun Pattern

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

### *Parallel Ready Position*

1. Turn the left foot 90 degrees to the left and double knife hand block in a left back stance.
2. Step forward to a right front stance and right face punch.
3. Turn the right foot 180 degrees to the right and double knife hand block in a right back stance.
4. Step forward to a left front stance and left face punch.
5. Turn the left foot 90 degrees to the left and left low block in a left front stance.
6. Step forward to a right front stance and right face punch.
7. Step forward to a left front stance and left face punch.
8. Step forward to a right front stance and right face punch. **KI-HAP**
9. Turn the left foot 270 degrees to your behind and square block in a left back stance.
10. Step forward and right face punch in a right front stance.
11. Turn the right foot 180 degrees to the right and square block in a right back stance.
12. Step forward to left front stance and left face punch.
13. Turn the left foot 90 degrees to the left and left low block in a left front stance.
14. Without stepping, left high block
15. Step forward to a right stance and right high block.
16. Step forward to left front stance and left high block.
17. Step forward to a right front stance and right high block. **KI-HAP**
18. Turn the left foot 270 degrees to your behind and left knife hand strike in a left back stance.
19. Step forward and right face punch in a right front stance.
20. Turn the right foot 180 degrees to the right and right knife hand strike in a right back stance.
21. Step forward and left face punch in a left front stance.

### *Left foot returns*