



# Dan Gun

(dan-goon)

High Yellow to Green Belt.

Starting position: Closed Ready stance

	Strike/Block	Technique	Stance	Target
1	Left	Double Knife-hand block	Right back	High
2	Right	Punch	Right back	High
3	Right	Double Knife-hand Block	Left back	High
4	Left	Punch	Left Front	High
5	Left	Low Block	Left Front	Low
6	Right	Punch	Right Front	High
7	Left	Punch	Left front	High
8	Right	Punch	Right front	High
9	Left	Square block	Right back	High
10	Right	Punch	Right Front	High
11	Right	Square block	Left back	High
12	Left	Punch	Left Front	High
13	Left	Low block	Left front	Low
14	Left	High block (continuous motion)	Left Front	High
15	Right	High block	Right Front	High
16	Left	High block	Left Front	High
17	Right	High block	<b>Kihap</b>	Right Front
18	Left	Knife-hand strike	Right back	Middle
19	Right	Punch	Right Front	Middle
20	Right	Knife-hand strike	Left back	High
21	Left	Punch	Left front	High
<b>21 Moves, Left foot returns</b>				

**Form Meaning:** Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

**Belt Color Meaning:** Signifies earth, from which a plant sprouts and takes root as the Tae Kwon Do foundations is being laid.

**Tennent:** Self Control: The keeping of one's thoughts, actions and emotions to oneself.

Revised 6/17

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## Fundamentals

- Blocks
  - Double knife-hand guarding block
  - Square block
  - Low block/High block combo
  - Outer forearm block
- Kicks
  - Side kick (lead leg)
  - Round kick (Lead leg)
  - Reverse Side kick

## Sparing Strategies:

1. From a back stance guarding block, Student "A" will step forward in a front stance and execute a reverse punch to Student "B's" face. Student "B" will then execute a high block immediately followed by a reverse punch to the ribs, again followed by a lead leg round kick to the stomach (solar-plexus) of student "A", and step away.
2. Repeat step one, but change lead leg round kick to lead leg side kick for student "B".
3. Repeat step one, but change lead leg round kick to lead leg hook kick for student "B".

## Breaking Techniques:

- Adults – Side-kick
- Kids\_ Practice on bag

## Self Defense:

- Adults-Opponent throws a cowboy punch, Block with outer forearm block, then wrap the arm blocked, in a reverse elbow.
- Kids – Opponent punches, jump back into a guarding block, opponent moves forward, use a back leg front kick to groin, followed by two punches.

## Extra points:

- Kids - Present a fact about the pattern, the individual the pattern is named for or information about Tae Kwon Do in general or the World Tae Kwon Do Alliance.
- Adults- Write a 200 + word essay.

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