

•DanGun contains 21 movements .

"Named after the holy Dan Gun, legendary founder of Korea in the year 2333b.c."

Begin from Choon-bee (ready)position.

1. Turn to your left and step into an L stance. Execute a knifehand guarding block.
2. Step forward with your right leg into a walking stance and execute high punch.
3. Turn 180 deg to your right and step into an L stance. Execute a knifehand guarding block.
4. Step forward with your left leg into a walking stance and execute high punch.
5. Turn 90 deg to your left into a left walking stance, left low block.
6. Step forward with your right leg into a right walking stance, right high punch.
7. Step forward with your left leg into a left walking stance, left high punch.
8. Step forward with your right leg into a right walking stance, right high punch. KIAI!(Yell)
9. Turn 270 deg toward your back (pivot counter-clockwise on your right foot) into a left L stance, left double block.
10. Step forward with your right leg into a walking stance and execute right high punch.
11. Turn 180 deg to your right and step into an L stance. Execute a right double block.
12. Step forward with your left leg into a walking stance and execute left high punch.
13. Turn 90 deg to your left into a left walking stance, left low block.
14. Immediately, and without stepping forward, execute left high block.
15. Step forward with your right leg into a right walking stance, right high block.
16. Step forward with your left leg into a left walking stance, left high block.
17. Step forward with your right leg into a right walking stance, right high block.
18. Turn 270 deg toward your back (pivot counter-clockwise on you right foot) into a left L stance, knifehand strike.
19. Step forward with your right leg into a walking stance and execute high punch.
20. Turn 180 deg to your right and step into an L stance. Execute a knifehand strike.
21. Step forward with your left leg into a walking stance and execute high punch. KIAI!(Yell)

Tips for mastering a Kata:

1. Make the movements crisp.
2. Put power and attitude into your movement. Pretend you are fighting attackers. Before turning to a new direction, snap your head in that direction and perform the x that begins your blocking movements. Make the form come alive with your fighting spirit.
3. In your walking stances, make sure your back leg is straight. Also make sure your foot is flat against the ground, not up on the toes.
4. Advanced: Try not to vary your height as you step. When you step forward, do so in a crescent shape (

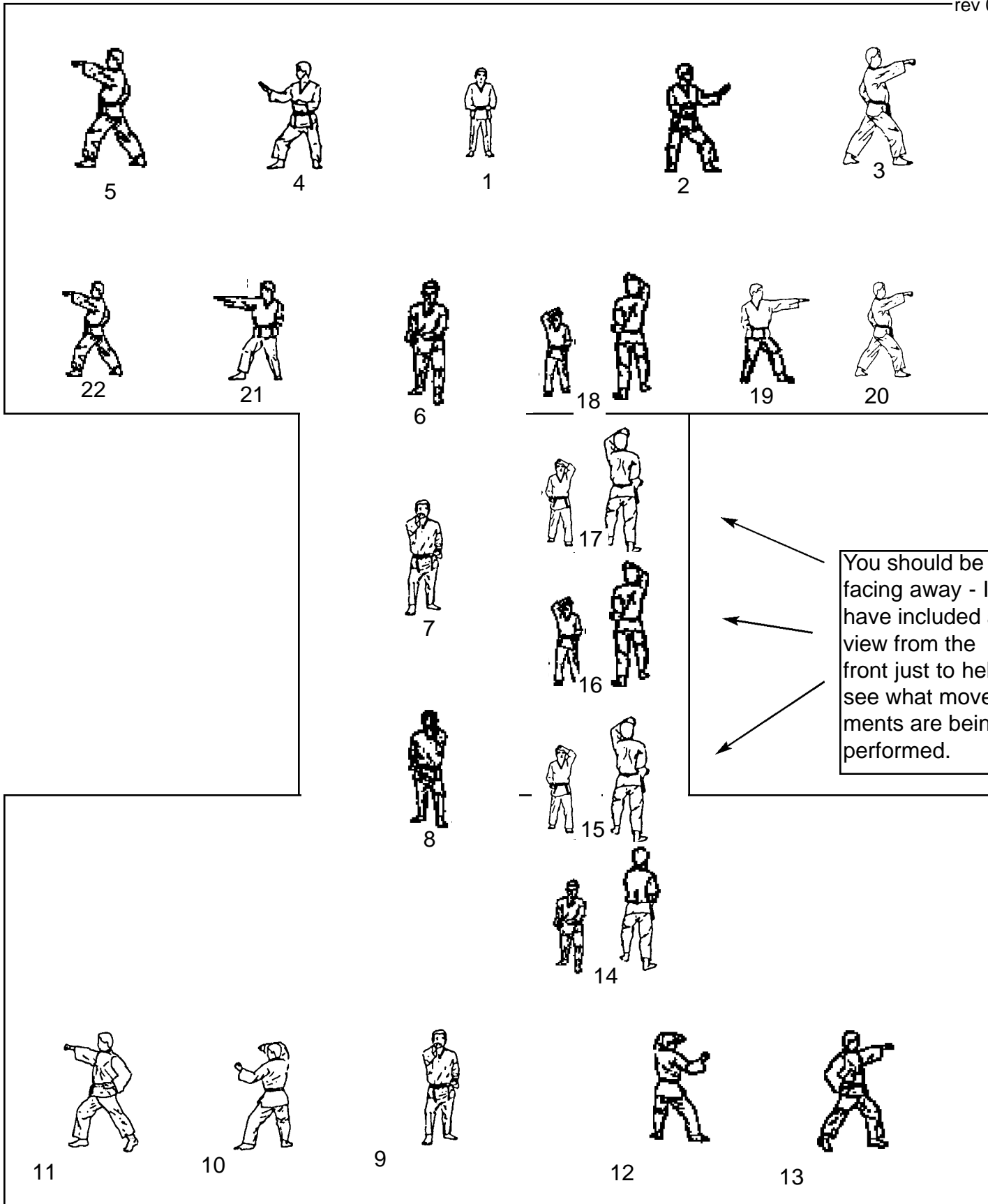


Diagram of Dan Gun