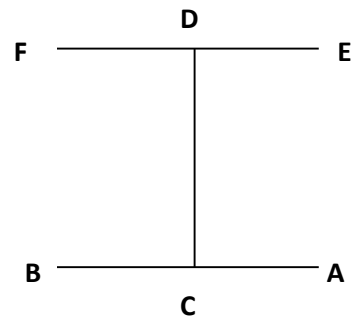




Dan Gun-21 moves

Meaning: Named after the Holy Dan Gun who was the legendary founder of Korea in the year 2333 BC.



1. Step out with left foot toward B in back stance executing a knifehand guarding block.
 2. Step toward B with right foot in a front stance, executing a high section punch.
 3. Bring right foot back to left, pivot toward C, stepping out with right foot in a back stance, executing a knifehand guarding block.
 4. Step toward C with left foot in a front stance, executing a high section punch.
 5. Bring left foot back to right, pivot toward D, stepping out with left foot in a front stance, executing a left arm low section block.
 6. Step with right foot toward D in a front stance, executing a high section punch
 7. Step with left foot toward D in a front stance, executing a high section punch.
 8. Step with right foot toward D in a front stance, executing a high section punch.
 9. Bring left foot p to right foot, pivot counterclockwise toward F (270 degrees), stepping out with left foot in a back stance, executing a twin forearm block.
 10. Step toward F with right foot in a front stance, executing a high section punch.
 11. Bring right foot back to left foot, pivot toward E stepping out with right foot in a back stance, executing a twin forearm block.
 12. Step toward E with left foot front stance, executing a high section punch.
 13. Bring left foot back to right foot, pivot toward A stepping out with left foot in a front stance, executing a low section block with left arm.
 14. Keeping feet stationary, do a high section block with left arm.
 15. Step toward A with right foot in a front stance, executing a high section block, right arm
 16. Step toward A with left foot in a front stance, executing a high section block, left arm
 17. Step toward A with right foot in a front stance, executing a high section block, right arm
 18. Bring left foot up to right foot, pivot counterclockwise toward B (270 degrees) stepping out with left foot in horseback stance, executing a left hand knifehand strike at shoulder level.
 - 19 Step toward B in right foot front stance, executing a high section punch.
 20. Bring right foot back to the left foot, pivot toward C stepping out with right foot in a horseback stance, executing a right hand knifehand strike about shoulder level.
 21. Step toward C in left foot front stance, executing a high section punch.
- Bring left foot back to A in Chumbi stance