

Movements:

Star jumps counting	X 10
Push-ups counting	X 10
Front rising kick counting	X 10 each leg
Sitting stance middle forefist punch	X 10
Front snap kick obverse & reverse middle punch	X 4 forwards
L-Stance knife hand guarding block	X 4 backwards
L-Stance side piercing kick	X 4 forwards
Walking stance outer forearm low block/rising block	X 4 backwards

Pad work:

Knife hand side strike	X2
Front pushing kick bicycle both legs	X2
Side kick	X2
Side-Fist	X2

Self-defence:

Release + counters from wrist holds/lapel holds
Blocking 10 various attacks with sticks

Pre-set:

3 step sparring (seniors)

Destruction:

Tiger knee	X2
Side fist downward strike	X2
Knife hand side strike	X2

**This is a guide and the order and content can change on the day*.*

Theory-Questions for yellow belt students:

What is the pattern name? = **Dan Gun**

How many movements? = **21**

Ready Position? = **Parallel Ready Stance**

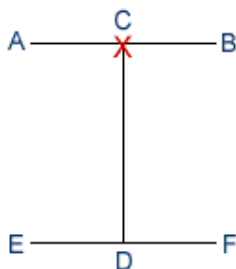
What does Dan Gun mean? **The founder of Korea**

What is the diagram? = **Capital i (I)**

What does yellow belt mean? = **Signifies the earth from which a plant sprouts and takes root as the foundation of Taekwondo is being laid**

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

Diagram



The illustrations for this pattern assume that the student is standing on line AB facing D.

1.

Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.

2.

Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.

3.

Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.

4.
Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

5.
Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.

6.
Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.

7.
Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.

8.
Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.

9.
Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.

10.
Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.

11.
Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.

12.
Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.

13.
Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.

14.
Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.

15.
Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.

16.
Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.

17.
Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.

18.
Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.

19.
Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.

20.
Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.

21.
Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

End. Bring the left foot back to a ready posture.