

Dan-Gun Tul

The Pattern is named after the Legendary Holy Dan Gun who founded Korea in the year 2333 BC. There are 21 Movements in total, starting towards 'D' in a Parallel Ready Stance.

1. Turn the left foot towards B into an L Stance Knife Hand guarding Block
2. Step towards B into a Walking Stance high section obverse punch
3. Move the right foot towards A into an L Stance Knife Hand guarding Block.
4. Step towards A into a Walking Stance high section obverse punch
5. Move the Left Foot towards D performing Low Section Outer Forearm Block
6. Step towards D performing walking stance high section obverse punch
7. Step towards D performing walking stance high section obverse punch
8. Step towards D performing walking stance high section obverse punch
9. Move the Left Foot towards E turning counter-clockwise into a Right L Stance twin forearm block
10. Step towards E performing high section obverse punch
11. Move the Right Foot towards F turning to a Left L Stance twin forearm block
12. Step towards F performing high section obverse punch
13. Move the Left Foot towards C performing Left Walking Stance left low outer forearm block
14. Perform a Rising block with the left forearm maintaining a Left Walking Stance. Perform in a Connected Movement with 13.
15. Step towards C performing a Rising Block in a Right Walking Stance
16. Step towards C performing a Rising Block in a Left Walking Stance
17. Step towards C performing a Rising Block in a Right Walking Stance
18. Move the Left Foot towards B turning counter-clockwise into a Right L Stance Left Knife Hand Strike
19. Step towards B performing walking stance high section obverse punch
20. Move the Right Foot towards A into a Left L Stance Right Knife Hand Strike
21. Step towards A performing walking stance high section obverse punch. Shout "Dan Gun" after the breath.