

## Dan Gun

Dan Gun is the name of the legendary founder of Korea. He founded Korea in 2333 B.C. Dan Gun is in the shape of an " I " and has 20 movements. The kihap points are at # 8 and # 20.

1. From ready stance, turn left into a left back stance, double knife hand block.
2. Step forward into a right front stance and perform a right face punch.
3. Turn all the way behind into a right back stance and perform a double knife hand block.
4. Step forward into a left front stance and left punch to the face.
5. Turn left into left front stance, left low block.
6. Step into right front stance, right face punch.
7. Step into left front stance, left face punch.
8. Step into right front stance, right face punch. *KIHAP*.
9. Turn three walls to the left and step into a left back stance, double forearm block.
10. Step into right front stance and right face punch.
11. Turn all the way behind into a right back stance, double forearm block.
12. Step into a left front stance, left face punch.
13. Turn left into a left front stance low block / high block combination with the same arm.
14. Step into right front stance, right high block.
15. Step into left front stance, left high block.
16. Step into right front stance, right high block.
17. Turn three walls to the left into a left back stance and perform a left knife hand strike.
18. Step into a right front stance and right face punch.
19. Turn all the way behind into a right back stance and right knife hand strike.
20. Step into a left front stance, left face punch. *KIHAP*.