

Dan-Gun
Parallel Ready Stance

1. Step left foot into a right L-stance (facing west) while executing a double knife-hand block.
2. Step right foot into a right walking stance (facing west) while executing a (high) straight punch.
3. Spin clockwise on left foot and step right foot into a left L-stance (facing east) while executing a double knife-hand block.
4. Step left foot into a left walking stance (facing east) while executing a (high) straight punch.
5. Step left foot into a left walking stance (facing north) while executing a (straight) low defense.
6. Step right foot into a right walking stance (facing north) while executing a (high) straight punch.
7. Step left foot into a left walking stance (facing north) while executing a (high) straight punch.
8. Step right foot into a right walking stance (facing north) while executing a (high) straight punch.
9. Spin counterclockwise on right foot and step left foot into right L-stance (facing east) while executing a twin forearm block.
10. Step right foot into a right walking stance (facing east) while executing a (high) straight punch.
11. Spin clockwise on left foot and step right foot into left L-stance (facing west) while executing a twin forearm block
12. Step left foot into a left walking stance (facing west) while executing a (high) straight punch.
- 13a. Step left foot into left walking stance (facing south) while executing a (straight) low defense.
- 13b. Maintain left walking stance while executing a (straight) high-rising block to the south.
14. Step right foot into a right walking stance (facing south) while executing a (straight) high-rising block.
15. Step left foot into a left walking stance (facing south) while executing a (straight) high-rising block.
16. Step right foot into a right walking stance (facing south) while executing a (straight) high-rising block.
17. Spin counterclockwise on right foot and step left foot into right L-stance (facing west) while executing a (middle; 'armpit', outward) straight knife-hand strike.
18. Step right foot into a right walking stance (facing west) while executing a (high) straight punch.
19. Spin clockwise on left foot and step right foot into left L-stance (facing east) while executing a (middle; 'armpit', outward) straight knife-hand strike.
20. Step left foot into a left walking stance (facing east) while executing a (high) straight punch.

Pattern Count: 20
(Techniques: 21)

Move Left Foot To Paro

Definition: **Dan-Gun**: For the student who is incorporating this pattern into their lives it signifies the unlimited possibility of the human spirit. (9th. Grade-White Belt with Gold Stripe---Glimmer of knowledge.)