

## Dan-Gun ( )

### 21 Movements

*"Is named after the holy Dan-Gun, the legendary founder of Korea, in the year 2333 BC."*

#### Ready Stance A

1. Left Double Knifehand Block - Left Back Stance
2. Right Punch High - Right Front Stance
3. Right Double Knifehand Block - Right Back Stance
4. Left Punch High - Left Front Stance
5. Left Low Block - Left Front Stance
6. Right Punch High - Right Front Stance
7. Left Punch High - Left Front Stance
8. Right Punch High - Right Front Stance
9. Left Square Block - Left Back Stance
10. Right Punch High - Right Front Stance
11. Right Square Block - Right Back Stance
12. Left Punch High - Left Front Stance
13. Left Low/High Block - Left Front Stance
15. Right High Block - Right Front Stance
16. Left High Block - Left Front Stance
17. Right High Block - Right Front Stance
18. Left Knifehand Strike High - Left Back Stance
19. Right Punch High - Right Front Stance
20. Right Knifehand Strike High - Right Back Stance
21. Left Punch High - Left Front Stance