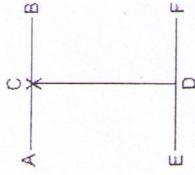


Dan Gun

단군



1. L-stance[R], middle guarding block with a knife-hand.
 2. Walkstance[R], High punch[R]
 3. L-stance[L], middle guarding block with a knife-hand.
 4. Walking stance[L], High low block[L]

5. Walking stance[R], high punch[R]
 6. Walking stance[L], high punch[L]
 7. Walking stance[R], high punch[R]
 8. L-stance[R], twin forearm block
 9. Walking stance[R], high punch[R], twin forearm block
 10. L-stance[L], twin forearm block

9. Walking stance[L], rising block[L]
 10. Walking stance[R], rising block[R]
 11. Walking stance[L], high punch[L]
 12. L-stance[L], high punch[L]

13. Walking stance[L], high punch[L]
 14. Walking rising block[L]. Perform 13 and 14 in a continuous motion.
 15. Walking stance[R], rising block[R]
 16. Walking stance[L], rising block[L]
 17. Walking stance[R], rising block[R]
 18. L-stance[R], middle outward knife-hand strike[L]
 19. Walking stance[R], high punch[R]
 20. L-stance toward[L], middle outward knife-hand strike[R]

21. Walking stance[L], high punch[L]
Ready posture

11. Walking stance[L], high punch[L]
 12. L-stance toward[L], middle outward knife-hand strike[R]
 13. Walking stance[L], high punch[L]
 14. L-stance toward[L], middle outward knife-hand strike[R]

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.