

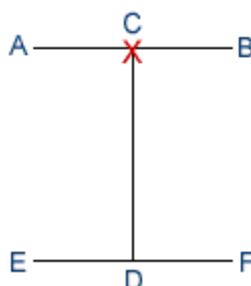
8th Kup Yellow Belt

Dan Gun

Meaning Of Dan Gun

Dan gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333BC

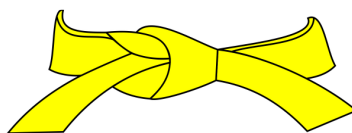
Dan Gun



Number of Moves: 21

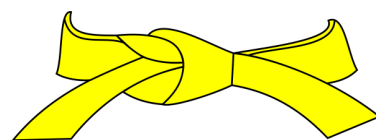
Ready Posture: Parallel Ready Stance

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.



8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

End: Bring the left foot back to a ready position.



Dan Gun tul (pattern) builds on the basic punching and blocking of Chon Ji by introducing new attacking and defensive moves as well as the concept of 'continuous motion' two techniques executed within a single breath.

Defensive Techniques

Knife Hand Guarding Block

Guarding blocks combine a great defensive posture with close quarter blocking.

Knife hand guarding block is traditionally executed from an L-Stance. From a right L-stance (Right leg back), raise both hands past the rear shoulder, with the right hand palm facing outward and the left hand palm facing you. Both hands should be open with the thumbs tight against the forefinger.

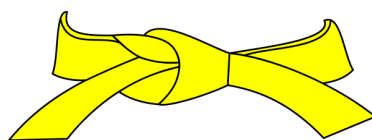
Thrust the arms into the blocking position with the lead arm bent at 90 degrees at the elbow and the palm facing away from you with the fingers open. Using your shoulder joint, raise this arm until the tips of your fingers are at the same height as your chin.

The rear arm is held with the hand in front of the solar plexus fingers open and palm facing upwards.

Twin Forearm Block

The twin forearm block is designed to defend against simultaneous attack from overhead and from the front.

Starting from a right L-stance (right leg back) cross both fists in front of the chest, knuckles facing outwards and rotate the hips to the rear in preparation for the block. The lead arm is brought sharply to the front, with the elbow joint bent at about 45 degrees, with the knuckles about the same height as the chin. At the last six inches of travel, rotate the wrist joint so that the knuckles are facing you. Using the shoulder joint, raise the rear arm sharply above your head, with the elbow joint bent at about 45 degrees. At the last six inches of travel rotate your wrist so that the little finger side of the fist is upper most. Hips should be twisted sharply back into the start position whilst the block is being performed to add power to the movement.



Outer Forearm Rising Block

The rising block is a very powerful and effective block against overhead, downward attacks, such as against an axe kick.

Starting from left walking stance (right leg back) bring both hands in front of your sternum with both fists clenched, knuckles facing out in preparation for the block. At the same time rotate the hips away from the attack.

Raise the lead arm sharply above the head, (in this example it will be the left arm) rotating the wrist joint so that the little finger side of the fist is uppermost. Ensure that the fist is higher than the elbow joint by bending the elbow joint at 45 degree angle. Simultaneously twist the hips sharply to align the body into a forward facing position and pull back the reaction arm to the right hip knuckles facing downwards.

Offensive Techniques

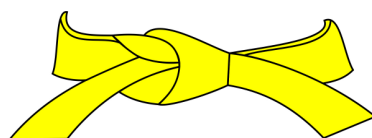
High Section Obverse Punch

This is the same as a middle section obverse punch as shown in the white belt syllabus. The only difference is the target area is the opponents chin.

Knife Hand Strike

The knife hand strike uses the outer edge of the hand as the attacking tool. Keeping the hand open and flat, press the fingers tightly together and tuck the thumb tight to the side. Starting from a right L-stance (right leg back) bring the left arm across the chest with the hand in the attacking position, fingers pointing upwards. The reaction arm is brought across the body and placed with the forearm parallel to the ground, fist clenched, knuckles facing towards the body. The wrists should be crossed with the tops of the wrists together (if you had a watch on each arm, the watch faces would be back to back).

The lead arm is then thrust out by extending the arm parallel to the ground, with the palm facing the ground. The reaction arm is then pulled back sharply to the hip with the knuckles facing the ground.



Additional Techniques:-

Hook Punch

The hook punch is aimed at striking the opponents side, classically the jaw. The attacking tool is the first two knuckles of the fist as with a standard punch. From a default guard position with your fists up, rotate the elbow in a circular motion, pulling the fist back slightly, until it is level with the shoulder. Power the punch towards the target, so that the forearm is parallel to the ground and the knuckles are facing upwards. It is important not to over swing once the punch has reached the target. Ideally the fist should not pass the distance of your own face.

Uppercut

The uppercut is a very effective punch against an opponent who has a strong guard around the head. From a default guard position, bend the legs slightly, dropping your body down. Rotate the fist so that the knuckles are facing away. Whilst pushing straight upwards, aiming at the opponents chin, straighten the legs at the same time, this creates power by using the leg muscles to power upwards. It is important to force the arm higher than your head height.

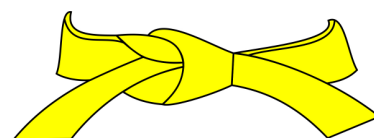
Three step sparing No 2

Defence and counter attack:-

Defender will step back with the left leg into L-stance and execute a middle section inner forearm block to the outside of the attackers arm three times.

After the third blocking technique counter attack by moving the left leg forward at a 45 degree angle, move the right leg behind the opponent's front leg in an L-stance and execute a knife hand strike to the back of the neck with the right arm.

Once complete both students return to parallel ready stance.



Korean/Questions

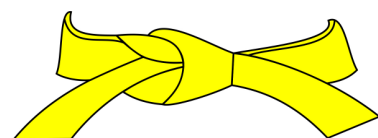
Twin forearm guarding block =	Sang palmok daebi makgi
Rising block =	Chookyo makgi
Knife hand guarding block =	Sonkal daebi makgi
Knife hand strike =	Sonkal taerigi
Forearm guarding block =	Palmok daebi makgi
Turning kick =	Dolloyo chagi
Twin forearm block	Sang palmok makgi
Inwards =	Anaero
Outward=	Bakaero
Head =	Mori
Pattern=	Tul

Explanation of Tenets (Know what they mean)

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

Definition of Dan Gun

Dan Gun is a 21 movement pattern, named after the holy Dan-Gun, the legendary founder of Korea in the year 2333BC



Grading Requirement for Yellow Tag 9th Kup

Exercises

20 Jumping jacks
20 press ups
10 Sit ups
Sitting Stance single punch
Sitting Stance double punch

Pattern

Dan Gun
Chon Ji

Line Work (Can include any line work from previous grades)

B) Knife hand guarding block (LS)
F) Knife hand strike (LS)
B) Forearm Guarding block (LS)
F) Turning Kick
B) Lower section block rising block
F) Front Kick Double Punch

Demonstration & Application

Anything from previous grading up close with questions asked.
Hook Punch and uppercut
Twin forearm block
Hip Twist & Importance

Sparring

3-4-3 all current techniques

3 Step Sparring

Number 1
Number 2

Korean/Questions (Can include any questions from previous grades)

Self Defence Break from a front facing strangle / hold

