

Tan-Gun (Volume08 169 to 216)

(index)

PATTERN DAN-GUN (*Dan-Gun Tul*)

This pattern is practised by the 8th grade holder and above.

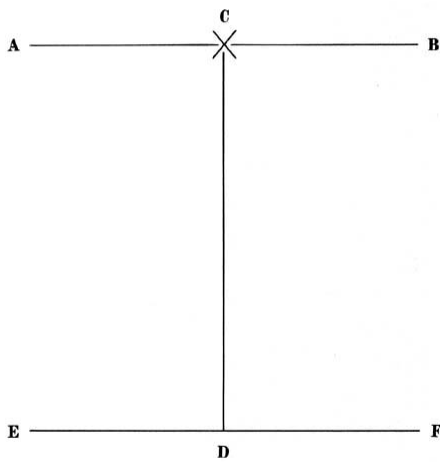
DIAGRAM: 

MOVEMENTS: 21

READY POSTURE: PARALLEL READY STANCE

169

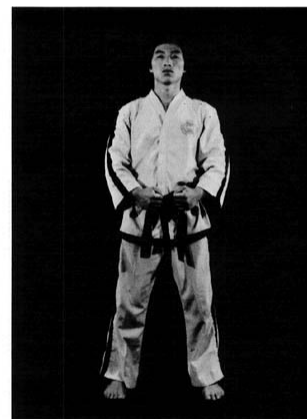
DIAGRAM (*Yon Moo Son*)



170

Ready Posture (*Junbi Jase*)

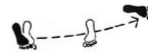
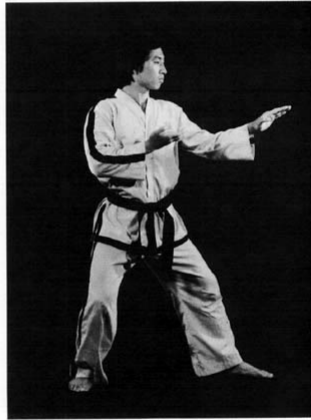
Parallel ready stance toward D.



171

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.

Right L-stance middle guarding block with a knife-hand toward B.



172

Previous Posture



Application

173

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.



Right walking stance high punch toward B.



174

Previous Posture



Application



175

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.

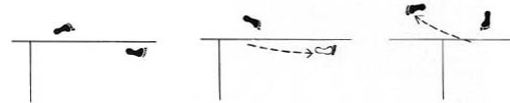


Left L-stance middle guarding block with a knife-hand toward A.



176

Previous Posture



Application

177

4. Move the left foot to A, forming a left walking stance toward A while executing a high punch toward A with the left fist.



Left walking stance high punch toward A.



178

Previous Posture

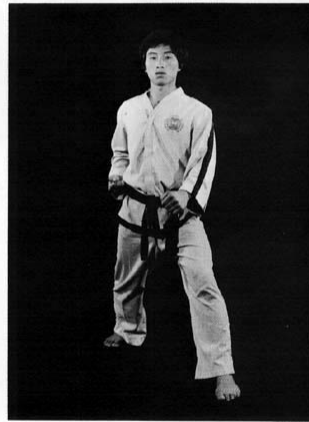
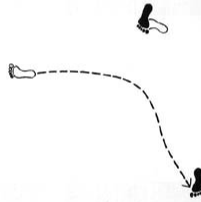


Application.



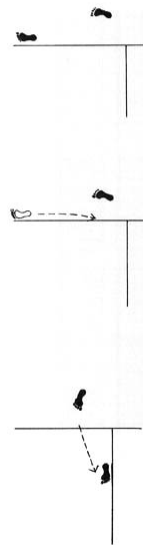
179

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.



Left walking stance forearm low block toward D.

180



Previous Posture



Application



Top View



181

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.



Right walking stance high punch toward D.

182



Previous Posture



Side View

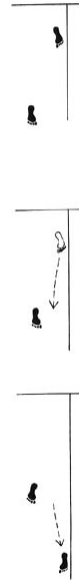


183

7. Move the left foot to D, forming a left walking stance toward D, at the same time executing a high punch to D with the left fist.



Left walking stance high punch toward D.



Previous Posture



Application



Side View



184

185

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.



Right walking stance high punch toward D.



Previous Posture



186

187

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.



Right L-stance twin forearm block toward E.

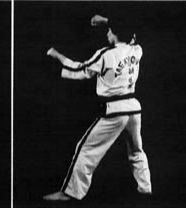


188

Other View



Previous Posture



Application



189

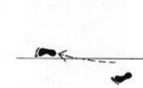
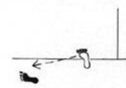
10. Move the right foot to E, forming a right walking stance toward E while executing a high punch to E with the right fist.



Right walking stance high punch toward E.



Previous Posture



Application



190

191

11. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin forearm block.

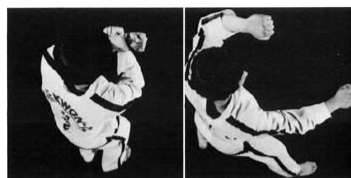


Left L-stance twin forearm block toward F.



192

Top View



Previous Posture



Application



Top View

193

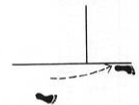
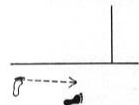
12. Move the left foot to F, forming a left walking stance toward F, at the same time executing a high punch to F with the left fist.



Left walking stance high punch toward F.



Previous Posture



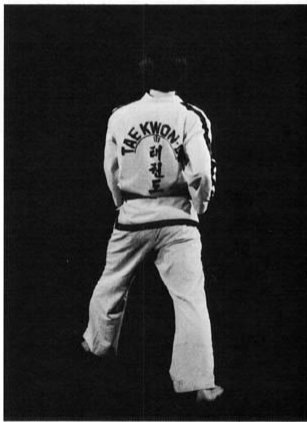
Application



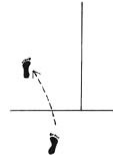
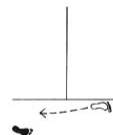
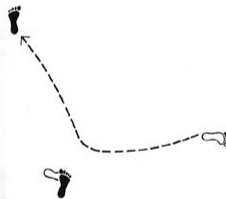
195

194

13. Move the left foot to C, forming a left walking stance toward C while executing a low block toward C with the left forearm.



Left walking stance forearm low block toward C.



Previous Posture



Application



Top View



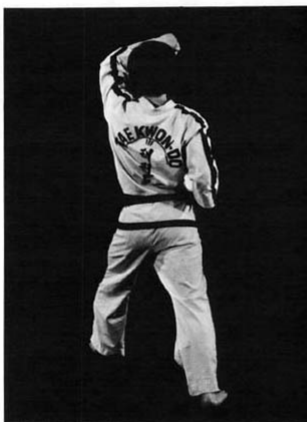
Other View



196

197

14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.



Left walking stance forearm rising block toward C.



Previous Posture



Keep the right heel slightly off the ground.

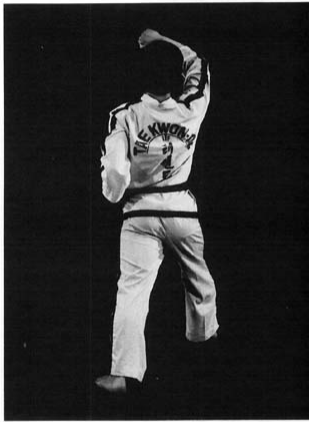


Other View

198

199

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.



Right walking stance forearm rising block toward C.



200



Previous Posture



Other View



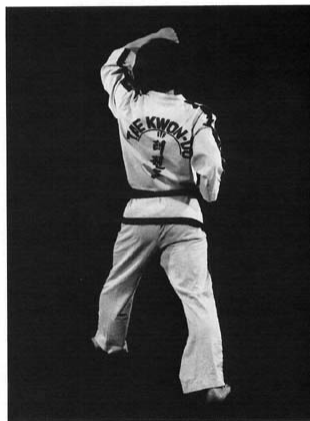
Application



Side View

201

16. Move the left foot to C, forming a left walking stance toward C while executing a rising block with the left forearm.



Left walking stance forearm rising block toward C.



Previous Posture



Other View



Application

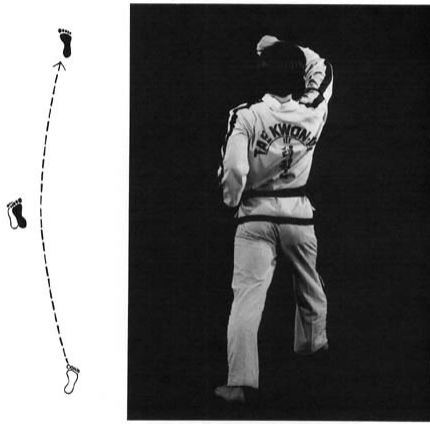


Side View

203

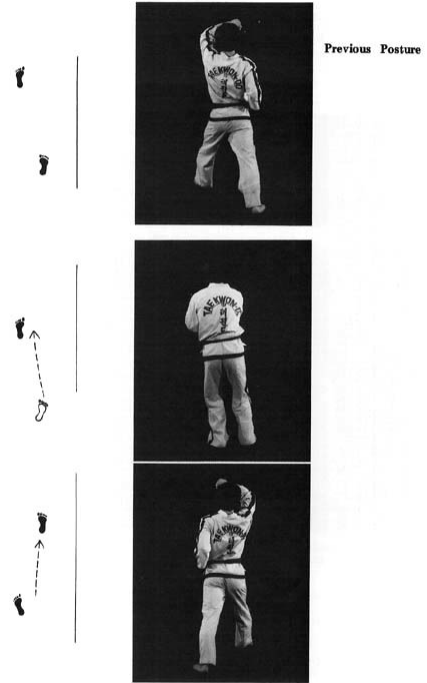
202

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.



Right walking stance forearm rising block toward C.

204



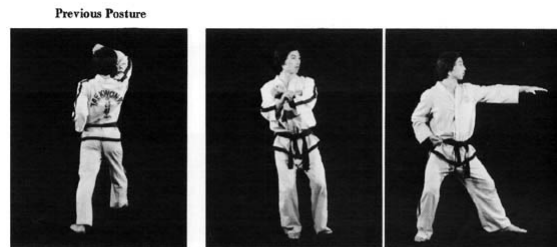
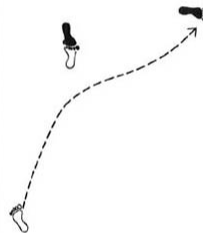
Previous Posture

205

18. Move the left foot to B, turning counter-clockwise to form a right L-stance toward B while executing a middle strike to B with the left knife-hand.



Right L-stance middle strike with a knife-hand toward B.



Previous Posture



Application Side

206

207

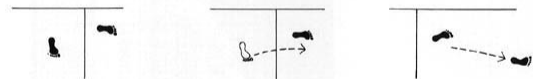
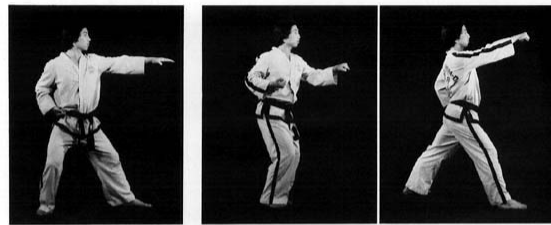
19. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.

Right walking stance middle punch toward B.



208

Previous Posture



209

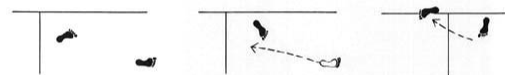
20. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle strike to A with the right knife-hand.

Left L-stance middle side strike toward A.



210

Previous Posture



Application



211

21. Move the left foot to A, forming a left walking stance toward A, at the same time executing a high punch to A with the left foot.

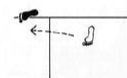
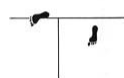


Left walking stance
high punch toward A.



212

Previous Posture



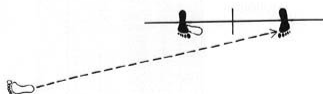
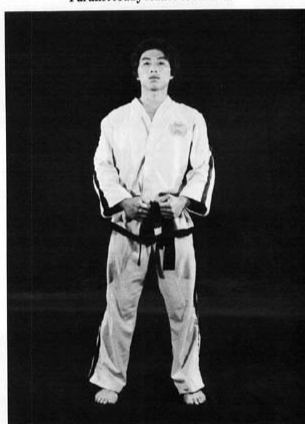
Application



213

END: Bring the left foot back to a ready posture.

Parallel ready stance toward D.



214

Previous Posture



Side View



215

