

Dan-Gun
Yellow Belt Form

Punches High

Chung-Be Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Double Knifehand Block	Left Backstance
2	Right Punch	Right Frontstance
3	Right Double Knifehand Block	Right Backstance
4	Left Punch	Left Frontstance
5	Left Low Block	Left Frontstance
6	Right Punch	Right Frontstance
7	Left Punch	Left Frontstance
8	<u>Right Punch</u>	Right Frontstance
9	Left Square Block	Left Backstance
10	Right Punch	Right Frontstance
11	Right Square Block	Right Backstance
12	Left Punch	Left Frontstance
13	Left Low Block/ Left High Block	Left Frontstance
14	Left High Block	Left Frontstance
15	Right High Block	Right Frontstance
16	Left High Block	Left Frontstance
17	<u>Right High Block</u>	Right Frontstance
18	Left Knifehand Strike	Left Backstance
19	Right Punch	Right Frontstance
20	Right Knifehand Strike	Right Backstance
21	Left Punch	Left Frontstance

Dan-Gun (21 movements): Dan-Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.