

## #2

# The International Original Taekwon-Do Federation

## DAN-GUN Tul

### Movements – 21

#### Ready Posture – PARALLEL READY STANCE

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

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle-guarding block with a *left* knife-hand. (***Half Facing***).
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. (***Full Facing***).
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 *right* knife-hand. (***Half Facing***).
4. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist. (***Full Facing***).
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. (***Half Facing***).
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. (***Full Facing***).
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. (***Half Facing***).
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. (***Full Facing***).
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. (***Half Facing***).
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. (***Full Facing***).
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. (***Half Facing***).
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. (***Full Facing***).

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. (*Half Facing*).
  14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. (*Half Facing*). **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. (*Half Facing*).
  16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with left forearm. (*Half Facing*).
  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. (*Half Facing*).
  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 left knife-hand. (*Half Facing*).
  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. (*Full Facing*).
  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. (*Half Facing*).
  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. (*Full Facing*).
- END:** Return the left foot to a ready posture.