

### PRACTICAL

#### PATTERN DAN GUN

##### LINEWORK

*Forward - Front kick double punch walking stance*

*Backward - Inward block L stance*

*Forward - Turning kick forearm guarding block L stance*

*Backward - Forearm guarding block L stance*

*Forward - Twin forearm block L stance*

*Backward - Knife hand guarding block L stance*

*3 Step Sparring (1-4)*

### THEORY

#### INTERPRETATION OF PATTERN, DAN GUN (21 MOVEMENTS)

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

#### ENGLISH INTO KOREAN

##### STANCES

*Parallel ready stance*

*Walking stance*

*L Stance*

*Narani junbi sogi*

*Gunnun sogi*

*Niunja sogi*

##### BLOCKS

*Rising block*

*Low outer forearm block*

*Middle inner forearm block*

*Knifehand guarding block*

*Twin forearm block*

*Inward block*

*Forearm guarding block*

*Chookyo makgi*

*Najunde bakat palmok makgi*

*Kaunde an palmok makgi*

*Sonkal daebi makgi*

*Sang palmok makgi*

*Anaero makgi*

*Palmok daebi makgi*

##### ATTACKS

*High section forefist punch*

*Middle section knifehand strike*

*Turning kick*

*Front kick*

*Nopunde ap joomak jirugi*

*Kaunde sonkal taerigi*

*Dollyo chagi*

*Ap chagi*

##### MISCELLANEOUS

*3 Step sparring*

*Sambo matsoki*