

Dan Gun

Consisting of 21 movements

Ready Posture:

Parallel Ready Stance

1. Move the left foot to B forming a right L. stance, at the same time execute a middle knife-hand guarding block.
 2. Move the right foot to B forming a right walking stance, while executing a high punch with the right fist.
 3. Move the right foot to A turning clockwise to form a left L. stance, at the same time execute a middle knife-hand guarding block.
 4. Move the left foot to A forming a left walking stance, while executing a high punch with the left fist.
 5. Move the left foot to D forming a left walking stance, while executing a low block with the left forearm.
 6. Move the right foot to D forming a right walking, while executing a high punch with the right fist.
 7. Move the left foot to D forming a left walking stance, at the same time execute a high punch with the left fist.
 8. Move the right foot to D forming a right walking, while executing a high punch with the right fist.
 9. Move the left foot to E turning anti-clockwise to form a right L. stance, while executing a twin forearm block.
 10. Move the right foot to E forming a right walking stance, while executing a high punch with the right fist.
 11. Move the right foot to F turning clockwise to form a left L. stance, while executing a twin forearm block.
 12. Move the left foot to F forming a left walking stance, at the same time execute a high punch with the left fist.
 13. Move the left foot to C forming a left walking stance, while executing a low block with the left forearm.
 14. Execute a rising block with the left forearm, maintaining a left walking stance.
PERFORM 13 AND 14 IN A CONTINUOUS MOTION
 15. Move the right foot to C forming a right walking stance, at the same time execute a rising block with the right forearm.
 16. Move the left foot to C forming a left walking stance, at the same time execute a rising block with the left forearm.
 17. Move the right foot to C Forming a right walking stance, at the same time execute a rising block with the right forearm.
 18. Move the left foot to B turning anti-clockwise to form a right L. stance, while executing a left knife-hand strike to the middle section.
 19. Move the right foot to B forming a right walking stance, while executing a high punch with the right fist.
 20. Move the right foot to A turning clockwise to form a left L. stance, while executing a right knife-hand strike to the middle section.
 21. Move the left foot to A forming a left walking stance, at the same time execute a high punch with the left fist.
- END: Bring the left foot back to a ready posture.**