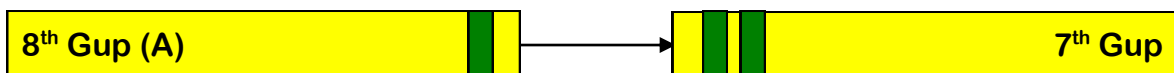


PEEWEE DEVELOPMENT PROGRAMME



TECHNIQUES

All techniques are performed going forward 2 times then change legs and repeat

1. L-Stance Twin Forearm Block, Walking Stance High Punch
2. L-Stance Middle Knife-hand Guarding Block, Walking Stance High Punch

PATTERN

(See website: <http://itkdc.com/patterns/dan-gun/> for full pattern info)

1. Dan-Gun Tul
2. 4 Direction Inward Checking Kick
3. 4 Direction Turning Kick

LEG PLACEMENT

Moving Forward 4 Times

1. Side Piercing Kick, hold the count for 3. (Hana, Dool, Set)

PAD WORK

1. Double Side Piercing Kick, both feet
2. Front Snap Kick, Side Piercing Kick, both feet

SPARRING

1. Free Sparring, light contact

QUESTIONS

1. What is “Guarding Block” in Korean ?
2. What is “Strike” in Korean ?
3. What is “Rising Block” in Korean ?
4. How many moves are in Dan-Gun ?
5. What does Dan-Gun Mean ?

Dan Gun : Dan Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

ANSWERS

Daebi Makgi
Taerigi
Chookyo Makgi
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