

DAN GUN TUL

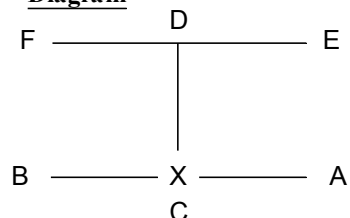
Junbi: Narani junbi sogi

21 Movements

Definition:

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

Diagram



START: Parallel Ready Stance

1. Move the left foot to B, forming a right L stance toward B, at the same time executing a middle-guarding block to B, with a knifehand.
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.
3. Move the right foot to A, forming a left L stance toward A, at the same time executing a middle guarding block to A, with a knifehand.
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
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.
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.
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.
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.
9. Move the left foot to E, turning anti-clockwise to form a right L stance towards E while executing a twin forearm block to E.
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.
11. Move the right foot to F, turning clockwise to form a left L stance towards F while executing a twin forearm block to F.
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.
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.
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C.

Perform 13 and 14 in a continuous motion.

15. Move the right foot to C, forming a right walking stance toward C while executing a rising block with the right forearm.
16. Move the left foot to C, forming a left walking stance toward C while executing a rising block with the left forearm.
17. Move the right foot to C, forming a right walking stance toward C while executing a rising block with the right forearm.
18. Move the left foot to B, turning anti-clockwise to form a right L stance towards B while executing a middle outward strike to B with the left knifehand.
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.
20. Move the right foot to A, turning clockwise to form a left L stance towards A while executing a middle outward strike to A with the right knifehand.
21. Move the left foot to A, forming a left walking stance toward A while executing a high punch to A with the right fist.

END: Bring the left leg back to ready posture (Junbi).



	Stance	Section	Obverse / Reverse	Technique
1	Niunja sogi	Kaunde	-	Sonkal daebi makgi
2	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi
3	Niunja sogi	Kaunde	-	Sonkal daebi makgi
4	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi
5	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
6	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi
7	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi
8	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi
9	Niunja sogi	-	-	Sang palmok makgi
10	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi
11	Niunja sogi	-	-	Sang palmok makgi
12	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi
13	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
14	Gunnun sogi	Nopunde	Baro	Chookyoo makgi
15	Gunnun sogi	Nopunde	Baro	Chookyoo makgi
16	Gunnun sogi	Nopunde	Baro	Chookyoo makgi
17	Gunnun sogi	Nopunde	Baro	Chookyoo makgi
18	Niunja sogi	Kaunde	Bandae	Yop sonkal taerigi
19	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi
20	Niunja sogi	Kaunde	Bandae	Yop sonkal taerigi
21	Gunnun sogi	Nopunde	Baro	Ap joomuk jurigi

Blocks

Outer forearm block
Knifehand guarding block
Rising block
Twin Forearm block

Makgi

Bakat palmok makgi
Sonkal daebi makgi
Chookyo makgi
Sang palmok makgi

Move Number

5, 13
1, 3
14, 15, 16, 17
9, 11

Punches

Forefist punch

Jurigi

7, 8, Ap joomuk jurigi

2, 4, 6,
10, 12, 19, 21

Strikes

Side knifehand strike

Taerigi

Yop sonkal taerigi

18, 20

Stances

Parallel ready stance
Walking stance
L-Stance

Sogi

Narani junbi sogi
Gunnun sogi
Niunja sogi

Application of Technique

Twin Forearm Block:

This technique is used to block a middle attack. This is the primary block. The 'Rising Block' part of the technique is used either as reaction force, or to block another overhead attack.

Middle Inward Block – Back Fist:

This technique could be used to block an incoming punch and then perform the back fist strike counter to the opponent's temple.

