

# Yellow Belt

**Form Name: Dan-Gun** (*Pronounced: Dan Goon*)

Dan-Gun was the legendary holy man who founded

Korea in the year 2333 B.C.

21 Movements 2 Yells

The yellow belt represents the early morning sun.  
The student has set out on the first day's journey.

## ONE-STEPS

1. Right inner crescent kick knocking the hand away. Right side kick. Left spinning side kick. Double outer forearm block
2. Right upset knifehand to the neck/left knifehand block to the wrist. Left grab and elbow strike to the head. Reverse elbow strike. Double outer forearm block.
3. Right side kick. Left spinning crescent kick. Right roundhouse kick. Double outer forearm block.
4. Left inner forearm block, left sidekick, left knifehand strike, right high punch, right round kick, double outer forearm block.
5. Right sidekick, right knifehand struke, left knifehand strike, left arm sweep, right round kick, double outer forearm block.

## FORM

### TECHNIQUE

### STANCE

- |  |             |
|--|-------------|
| 1. L Double Knifehand Block            | Right Back  |
| 2. Right High Punch                    | Right Front |
| 3. R Double Knifehand Block            | Left Back   |
| 4. Left High Punch                     | Left Front  |
| 5. Left Low Block                      | Left Front  |
| 6. Right High Punch                    | Right Front |
| 7. Left High Punch                     | Left Front  |
| 8. Right High Punch ( <i>Kihap!</i> )  | Right Front |
| 9. Left Square Block                   | Right Back  |
| 10. Right High Punch                   | Right Front |
| 11. Right Square Block                 | Left Back   |
| 12. Left High Punch                    | Left Front  |
| 13. Left Low Block                     | Left Front  |
| 14. Left High Block                    | Right Front |
| 15. Right High Block                   | Left Front  |
| 16. Left High Block                    | Right Front |
| 17. Right High Block ( <i>Kihap!</i> ) | Right Back  |
| 18. Left Knifehand Strike              | Right Front |
| 19. Right High Punch                   | Left Back   |
| 20. Right Knifehand Strike             | Left Front  |
| 21. Left High Punch                    | Left Front  |

**Ba-roh!** *Left foot back to ready position*



15.



16.



17.



18.



19.



20.



21.



7.



8.



9.



10.



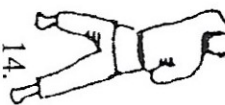
11.



12.



13.



14.



1.



2.



3.



4.



5.



6.