

# Yellow Belt / Dan-Gun

**Form Name: Dan-Gun** (pronounced: Dan-Goon)  
 Dan-Gun was 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

## Technique

1. Left Double Knifehand Block -
2. Right high punch -----
3. Right double Knifehand block-
4. Left high punch -----
5. Left low block -----
6. Right high punch -----
7. Left high punch -----
8. Right high punch -----(Kihap)-
9. Left square block -----
10. Right high punch -----
11. Right square block -----
12. Left high punch -----
13. Left low block -----
14. Left high block -----
15. Right high block -----
16. Left high block -----
17. Right high block -----(kihap)-
18. Left Knifehand strike -----
19. Right high punch -----
20. Right Knifehand strike -----
21. Left high punch-----

## Stance

- Right Back
- Right Front
- Left Back
- Left Front
- Left Front
- Right Front
- Left Front
- Right Front
- Right Back
- Right Front
- Left Back
- Left Front
- Left Front
- 
- Right Front
- Left Front
- Right Front
- Right Back
- Right Front
- Left Back
- Left Front

**Ba-roh!**

Left foot moves back to ready  
 position.

## One steps

1. Right inner crescent kick knocking the hand away, right sidekick, left reverse sidekick, 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 sidekick, 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 strike, left Knifehand strike, left Knifehand block, right round kick, double outer form block.

