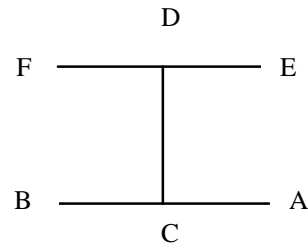


DAN-GUN

Movements - 21

Ready Posture - PARALLEL READY STANCE



The illustrations for this pattern assume that the student is standing on line AB and facing D.

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 knife-hand.

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 turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.

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 counter clockwise to form a right L-stance toward 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 toward 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, at the same time executing a rising block with the right forearm.

16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.

17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.

18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.

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 toward A while executing a middle outward strike to A with the right knife-hand.

21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

END: Bring the left foot back to a ready posture.