

TAEKWONDO AMERICA

YELLOW BELT

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PATTERN

DAN-GUN

21 Movements

Is named after the holy Dan-Gun, the legendary founder of Korea, in the year 2333 BC.

Stance A

1. Left Double Knifehand Block	Left Back Stance
2. Right Punch High	Right Front Stance
3. Right Double Knifehand Block	Right Back Stance
4. Left Punch High	Left Front Stance
5. Left Low Block	Left Front Stance
6. Right Punch High	Right Front Stance
7. Left Punch High	Left Front Stance
8. Right Punch High (Ki-Hap)	Right Front Stance
9. Left Square Block	Left Back Stance
10. Right Punch High	Right Front Stance
11. Right Square Block	Right Back Stance
12. Left Punch High	Left Front Stance
13. Left Low Block	Left Front Stance
14. Left High Block	Left Front Stance
15. Right High Block	Right Front Stance
16. Left High Block	Left Front Stance
17. Right High Block (Ki-Hap)	Right Front Stance
18. Left Knifehand Strike High	Left Back Stance
19. Right Punch High	Right Front Stance
20. Right Knifehand Strike High	Right Back Stance
21. Left Punch High	Left Front Stance

YELLOW BELT ONE-STEPS COMBINATIONS

- Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5. Yells (ki-haps) are indicated in **BOLD**.
- #1 Kicks are performed with the lead leg.
- # 2 Kicks are performed with the back leg.
- # 3 Kicks are performed by moving the back leg and striking with the lead leg.
- 1. Front Kick, Lead Hand Outer Forearm Block, Reverse Punch, # 2 Round Kick (Ki-Hap)
- 2. Crescent Kick, Other Leg Front Kick/Round Kick Combination, Spin Side Kick (Ki-Hap)
- 3. Outside Block, Lead Hand Back Fist, # 1 Side Kick, Spin Crescent Kick (Ki-Hap)
- 4. Reverse Outer Forearm Block, # 2 Side Kick, Spin Crescent Kick, # 1 Double Round Kick, Lead Hand Back Fist, Reverse Ridge Hand Strike (Ki-Hap)
- 5. Double Knife Hand Block, Reverse Punch, Lead Hand Hook Punch, # 1 Side Kick, **Spin Side Kick (Ki-Hap)**