

## Dan-gun

Lf = Left Foot, Rf = Right Foot, cw = clockwise, ccw = counter clockwise  
Punches are middle section unless otherwise noted

1. Joombi
2. Lf 90° ccw back stance double knife hand block
3. Rf front stance right high punch
4. Rf 180° cw back stance double knife hand block
5. Lf front stance left high punch
6. Lf 90° ccw front stance left down block
7. Rf front stance right high punch
8. Lf front stance left high punch
9. Rf front stance right high punch. KIYAP!
10. Lf 270° ccw back stance diamond block (rt high, left lt outside forearm), chambered on rt hip (lt hand on top of rt)
11. Rf front stance rt high punch
12. Rf 180° ccw back stance diamond block (lt high, rt outside forearm), chambered on lt hip (rt hand on top of lt)
13. Lf front stance lt high punch
14. Lf 90° ccw front stance left down block left high block
15. Rf front stance rt high block
16. Lf front stance lt high block
17. Rf front stance rt high block
18. Lf 90° ccw back stance lt reverse knife hand strike
19. Rf front stance rt high punch
20. Rf 180° cw back stance rt reverse knife hand strike
21. Lf front stance lt high punch. KIYAP!
22. Lf 90° ccw. Ba rol.