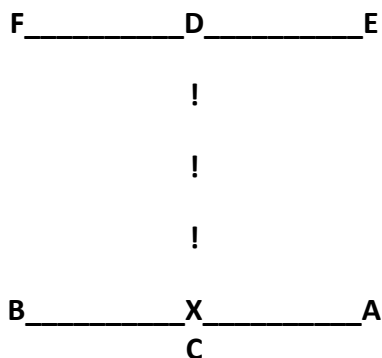


#2 - DAN-GUN PATTERN - (21 MOVEMENTS)



Ready Stance – Parallel Ready Stance

1. Move Left foot to 'B' (90 degrees counter-clockwise) forming Right back stance at the same time execute Middle section guarding block with knife-hand.
2. Move Right foot forwards to 'B' forming Right front stance while executing High section punch with Right fist.
3. Move Right foot to 'A' (180 degrees clockwise) forming Left back stance at the same time execute Middle section guarding block with knife-hand.
4. Move Left foot forwards to 'A' forming Left front stance at the same time execute High section punch with Left fist.
5. Move Left foot to 'D' (90 degrees counter-clockwise) forming Left front stance while executing Low section block.
6. Move Right foot forwards to 'D' forming Right front stance while executing High section punch with Right fist.
7. Move Left foot forwards to 'D' forming Left front stance while executing High section punch with Left fist.
8. Move Right foot forwards to 'D' forming Right front stance while executing High section punch with Right fist.
9. Move Left foot to 'E' (pivot on right foot turning counter-clockwise 270°) forming Right back stance at the same time execute twin forearm block.
10. Move Right foot forwards to 'E' forming Right front stance at the same time execute High section punch with Right fist.
11. Move Right foot to 'F' (pivot on left foot turning clockwise 180 °) forming Left back stance while executing twin forearm block.
12. Move Left foot forwards to 'F' forming Left front stance at the same time execute High section punch with Left fist.

13. Move Left foot to 'C' (90 degrees counter-clockwise) forming Left front stance while executing Low section block with Left forearm.
14. Execute rising block with Left forearm.
*(*perform 13 and 14 in a fast motion)*
15. Move Right foot forwards to 'C' forming Right front stance while executing rising block with Right forearm.
16. Move Left foot forwards to 'C' forming Left front stance while executing rising block with Left forearm.
17. Move Right foot forwards to 'C' forming Right front stance while executing rising block with Right forearm.
18. Move Left foot to 'B' (pivot on right foot turning counter-clockwise 270°) forming Right back stance at the same time execute Middle section strike with Left knife-hand.
19. Move Right foot forwards to 'B' forming Right front stance while executing High section punch with Right fist.
20. Move Right foot to 'A' (pivot on left foot turning clockwise 180°) forming Left back stance at the same time execute Middle section strike with Right knife-hand.
21. Move Left foot forwards to 'A' forming Left front stance while executing High section punch with Left fist.

End. Maintain the last step until the "return to ready stance" command is given then bring Left foot back to parallel ready stance.

Pattern demonstrated: <https://blackbeltwiki.com/dan-gun> (ITF Taekwondo Patterns)

<https://taekwondoanimals.com/itf-pattern-2-dan-gun>