



8

YELLOW BELT

TO

7

GREEN STRIPE



# BEGINNER EDUCATIONAL REQUIREMENTS

**Pattern:** DAN-GUN

21 Moves

## **DAN-GUN READY POSITION**

Parallel Ready Stance

## **MEANING**

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C.

## **Why do we breathe or “ki-hap” when we execute techniques?**

Power, speed, focus, breathe control, coordination of hand & foot, balance, etc.

## **How many degrees of Black Belt?**

“9”

## **What are their classifications?**

1-3 Novice 4-6 Expert 7-8 Master 9-Grand Master

## **Display proper stances**

Attention, Ready, Sitting, Walking, L Stance

## **Describe “continuous” motion?**

2 techniques, 2 sine-waves, 2 breathes, 1 1/2 beats.  
Use a “bobbing” motion. Usually associated with blocks.  
(show where it is in pattern)