DAN GUN (DON GOON)

- 1. Look to the left and raise both hands to your right in Knifehand positions. Step out with your left foot into an L Shaped Stance and as you shift back into a Back Stance, execute a Knifehand Guarding Block.
- 2. Step forward into a Front Stance and do a right High Punch. All punches in this form are High Punches.
- 3. Place both hands behind you in Knifehand positions. Look to the right and lift your front foot and turn 180 degrees to the right landing in an L Shaped Stance. Shift into a Back Stance as you do a Knifehand guarding block.
- 4. Step forward into a Front Stance and do left High Punch.
- 5. Place your left fist on your right ear, look left and lifting the front foot, turn 90 degrees to the left, landing in a Front Stance. Do a Low Block.
- 6. Step forward into a Front Stance and do a High Punch.
- 7. Step forward into a Front Stance and do a High Punch.
- 8. Step forward into a Front Stance and do a High Punch.
- 9. Put your highest fist on top of the lower fist, both hands palm up. Look to the left. Raise your back foot off the ground and turning 270 degrees to the left, landing in an L Shaped Stance. Shift into a Back Stance while doing a Twin Forearm Block.
- 10. Step forward into a Front Stance and do a right High Punch.
- 11. Drop the right fist and place your lower fist on top, both fists palm up. Look to the right. Raise your front foot and swing 180 degrees to the right, landing in an L Shaped Stance. Shift into a Back Stance as you do a Twin Forearm Block.
- 12. Step forward into a Front Stance and do a left High Punch.
- 13. Place your left fist on your right ear, look left and turn 90 degrees to the left, landing in a Front Stance and do a low block. Place your left fist on top of your right hand, and do a Rising Block.
- 14. Step forward into a Front Stance and do a Rising Block.
- 15. Step forward into a Front Stance and do a Rising Block.
- 16. Step forward into a Front Stance and do a Rising Block.
- 17. Lower your right fist and place your left hand near your right shoulder in a Knifehand position. Look left and lift your front foot, turning 270 degrees to the left, land in a Fixed Stance and do a Knifehand Outward Strike.
- 18. Step forward into a Front Stance and do a High Punch.
- 19. Make your fist into a Knifehand and look right. Turn 180 degrees to the right and land in a Fixed Stance and execute a Knifehand Outward Strike.
- 20. Step forward into a Front Stance and do a High Punch. Kiap and say "Dan Gun."

 At the command, "Baro" bring the left foot back to resume the Ready Stance, then back to June Bi.

 Diagram is "I" (Capital i) 20 moves