



DAN GUN

Parallel Ready Stance ㄷ start on C facing D

1. Move left foot to B right L-stance middle knifehand guarding block.
 2. Move right foot to B right walking stance high obverse punch.
 3. Move right foot to A left L-stance middle knifehand guarding block.
 4. Move left foot to A left walking stance high obverse punch.
 5. Move left foot to D left walking stance outer forearm low obverse block.
 6. Move right foot to D right walking stance high obverse punch.
 7. Move left foot to D left walking stance high obverse punch.
 8. Move right foot to D right walking stance high obverse punch.
 9. Move left foot to E right L-stance twin forearm block.
 10. Move right foot to E right walking stance high obverse punch.
 11. Move right foot to F left L-stance twin forearm block.
 12. Move left foot to F left walking stance high obverse punch.
 13. Move the left foot to C left walking stance outer forearm block.
 14. Obverse rising block with the left forearm.
- 13 & 14 are performed in a continuous motion.
15. Move right foot to C right walking stance obverse forearm rising block.
 16. Move left foot to C left walking stance obverse forearm rising block.
 17. Move right foot to C right walking stance obverse forearm rising block.
 18. Move left foot to B right L-stance knifehand middle reverse side strike.

19. Move right foot to B right walking stance high obverse punch.
20. Move right foot to A left L-stance knifehand middle reverse side strike.
21. Move left foot to A left walking stance high obverse punch.

END - Bring the left foot back to parallel ready stance.

