



TAEKWONDO AMERICA

YELLOW BELT

YELLOW BELT

PATTERN

DAN-GUN

21 Movements

Is named after the holy Dan-Gun, the legendary founder of Korea, in the year 2333 BC.

Stance A

- | | |
|--------------------------------------|--------------------|
| 1. Left Double Knifehand Block | Left Back Stance |
| 2. Right Punch High | Right Front Stance |
| 3. Right Double Knifehand Block | Right Back Stance |
| 4. Left Punch High | Left Front Stance |
| 5. Left Low Block | Left Front Stance |
| 6. Right Punch High | Right Front Stance |
| 7. Left Punch High | Left Front Stance |
| 8. Right Punch High (Ki-Hap) | Right Front Stance |
| 9. Left Square Block | Left Back Stance |
| 10. Right Punch High | Right Front Stance |
| 11. Right Square Block | Right Back Stance |
| 12. Left Punch High | Left Front Stance |
| 13. Left Low Block | Left Front Stance |
| 14. Left High Block | Left Front Stance |
| 15. Right High Block | Right Front Stance |
| 16. Left High Block | Left Front Stance |
| 17. Right High Block (Ki-Hap) | Right Front Stance |
| 18. Left Knifehand Strike High | Left Back Stance |
| 19. Right Punch High | Right Front Stance |
| 20. Right Knifehand Strike High | Right Back Stance |
| 21. Left Punch High | Left Front Stance |



YELLOW BELT ONE-STEPS COMBINATIONS

Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5. Yells (ki-haps) are indicated in **BOLD**.

#1 Kicks are performed with the lead leg.

2 Kicks are performed with the back leg.

3 Kicks are performed by moving the back leg and striking with the lead leg.

1. Front Kick, Lead Hand Outer Forearm Block, Reverse Punch, **# 2 Round Kick (Ki-Hap)**

2. Crescent Kick, Other Leg Front Kick/ Round Kick Combination, **Spin Side Kick (Ki-Hap)**

3. Outside Block, Lead Hand Back Fist, # 1 Side Kick, **Spin Crescent Kick (Ki-Hap)**

4. Reverse Outer Forearm Block, # 2 Side Kick, Spin Crescent Kick, # 1 Double Round Kick, Lead Hand Back Fist, **Reverse Ridge Hand Strike (Ki-Hap)**

5. Double Knife Hand Block, Reverse Punch, Lead Hand Hook Punch, # 1 Side Kick, **Spin Side Kick (Ki-Hap)**

