



# West Coast Taekwondo

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## Yellow Belt Pattern DAN-GUN (21 movements)

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

	Ready 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 (Yell)	Right Front Stance

## YELLOW BELT ONE-STEPS

**All one steps start in Ready Stance A and finish in Sparring Stance.**

**Attacker starts from left back stance and steps forward into right front stance with a high right punch.**

1. Left Front Kick, Land in Left Front Stance, Left Outer Forearm Block, Right Reverse Punch, Step Back with Left Foot, **Right #2 Round Kick** (Yell)

### STRIPES:

Black	I Wills (for Junior Students)
Yellow	Double Knifehand Block, Outer Forearm, High Punch
Green	#1 Round Kick (Ball & Instep), #2 Inside Crescent Kick
Blue	Dan-Gun Half Form, Name of Form, Number of Moves and Meaning
Red	One-Step 1 (with partner)