



West Coast Taekwondo

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Yellow Senior 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
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 (Yell)	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

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)
2. Left crescent Kick Block, Right Front / Round Kick Combination, Land Feet Together, **Left Spin Side Kick** (Yell)
3. Step with Right Foot into Sitting Stance, Right Outside Block, Right Back Fist Strike, Right Side Kick, Land Feet Together, **Left Spin Crescent Kick** (Yell)

STRIPES:

Black	I Wills (for Junior Students)
Yellow	Low Block / High Block Combo, Square Block, Outside Block
Green	Spin Side, Spin Crescent
Blue	Dan-Gun Full Form, Name of Form / Meaning of Form / Number of Movements
Red	One-Steps 1-3 (with partner)