

PATTERNS

DAN - GUN

The Virtual Dojang Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

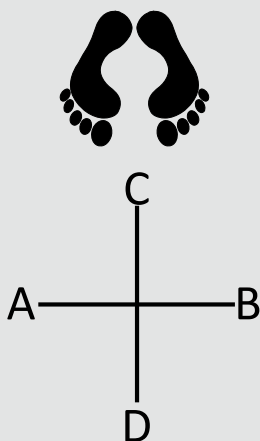
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

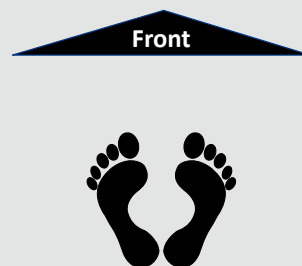
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This pattern, Dan-Gun is for 8th Kup and above

21 Movements

Ready position : Parallel ready stance

New Techniques :

Walking Stance High Punch

L-Stance Knife-hand Guarding Block

L-Stance Twin Forearm Block

Walking Stance Forearm Rising Block

L-Stance Knife-hand Side Strike

Continuous Motion

Meaning

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC

Ready position

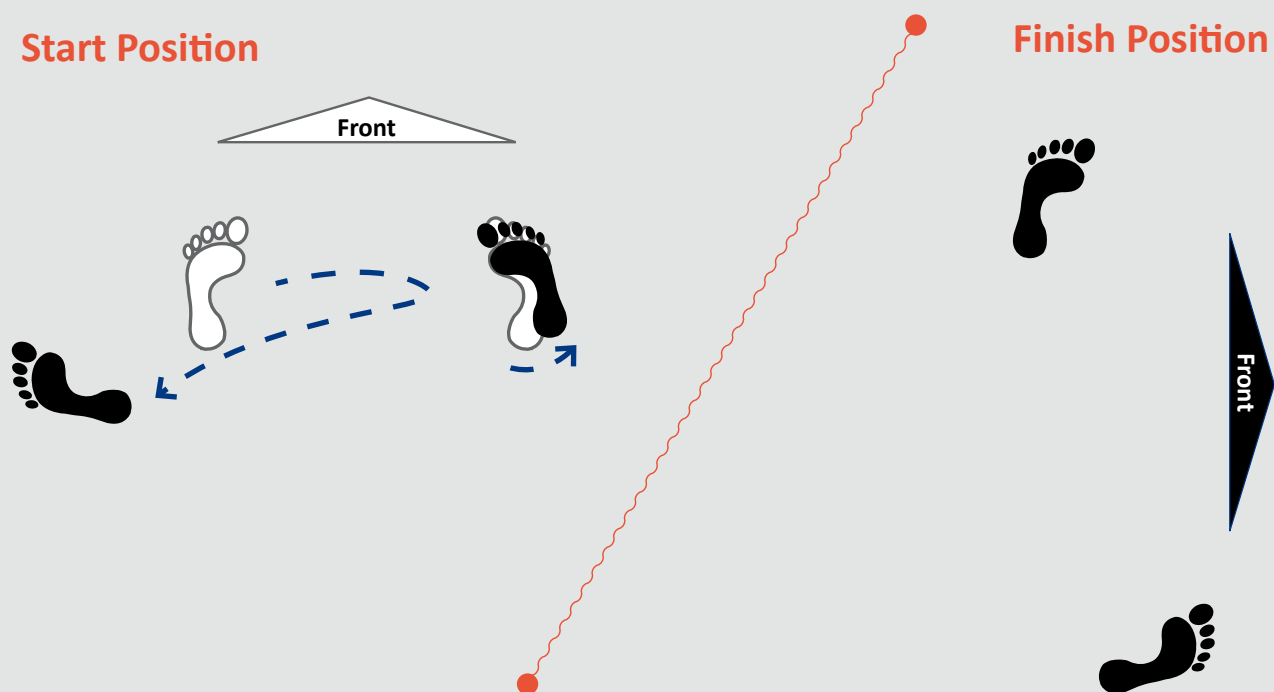
Parallel Ready Stance

- If in attention stance move your left foot to the left to form a parallel ready stance toward the front.

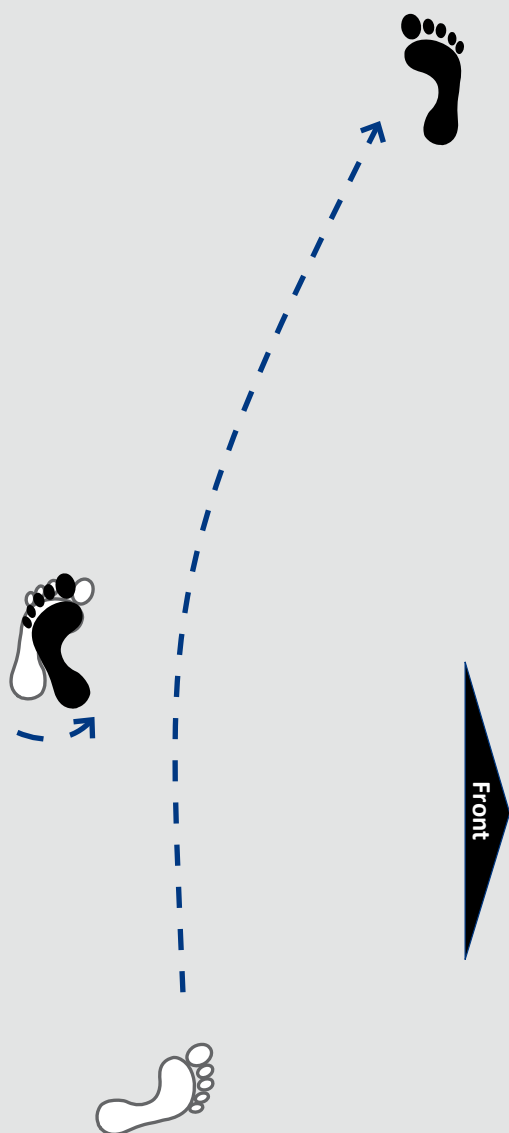


Pattern movements and techniques

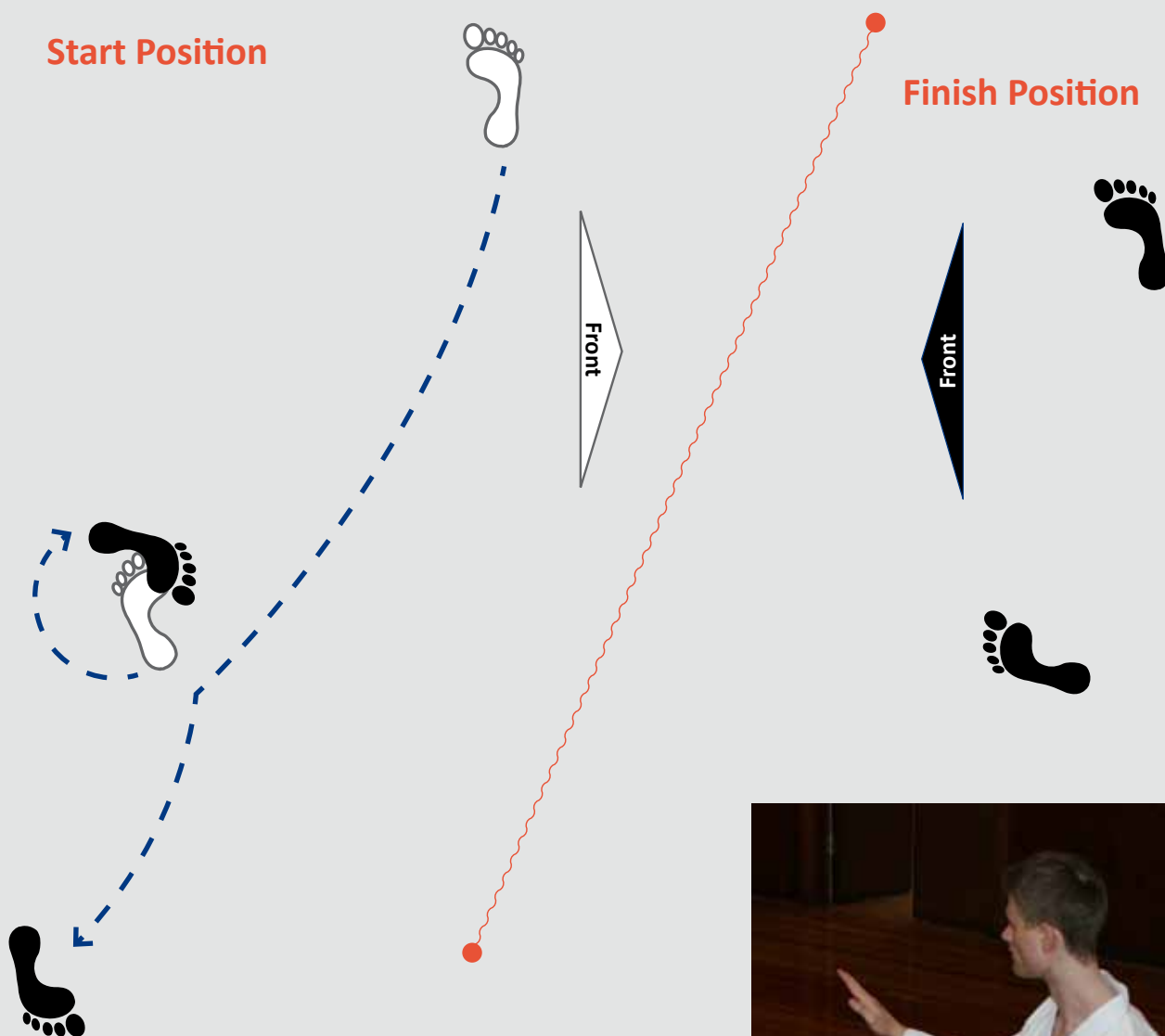
1. Turning to the left drop into right L-stance
knifehand guarding block



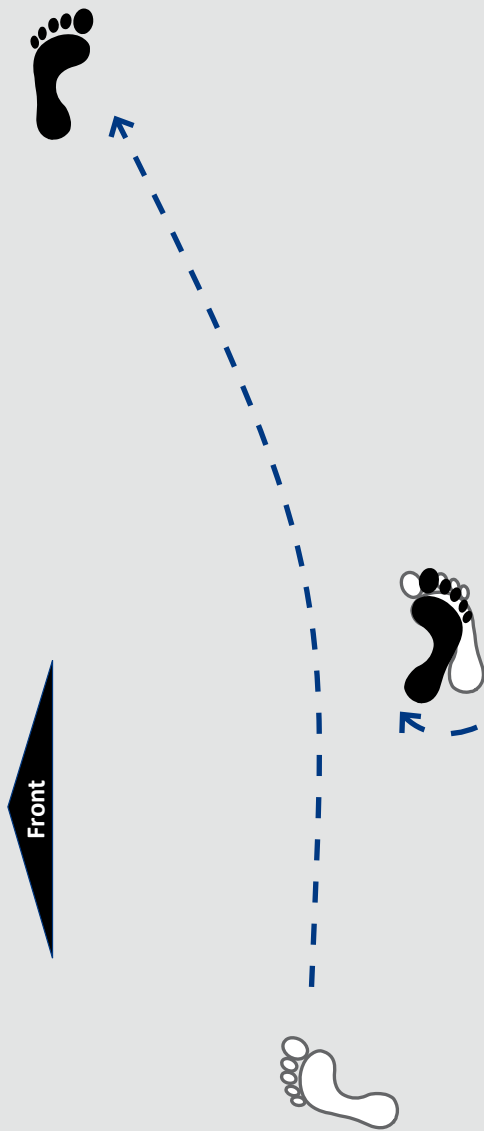
2. Step forward into right walking stance high punch



3. Bring your weight on to your left foot then turn 180° (1/2 turn) clockwise, dropping into left L-stance knifehand guarding block

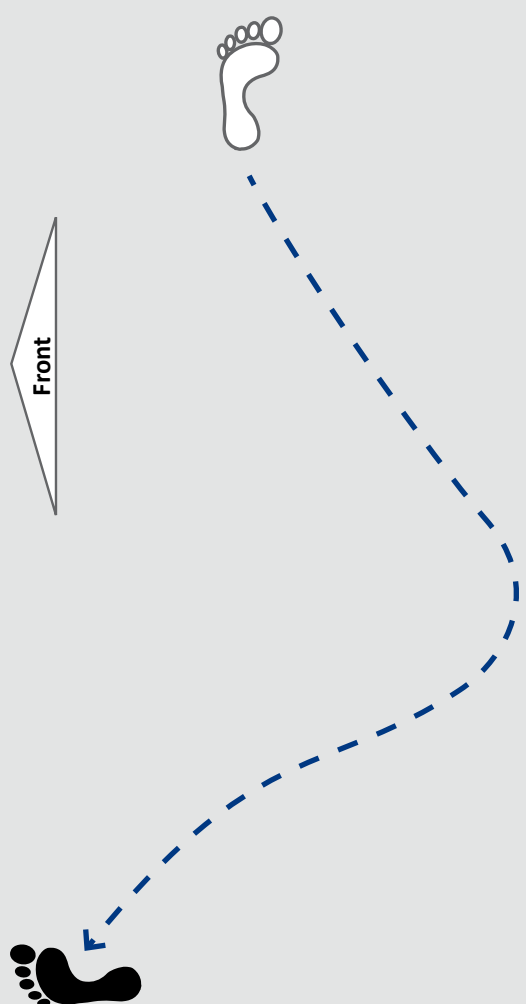


4. Step forward into left walking stance high punch

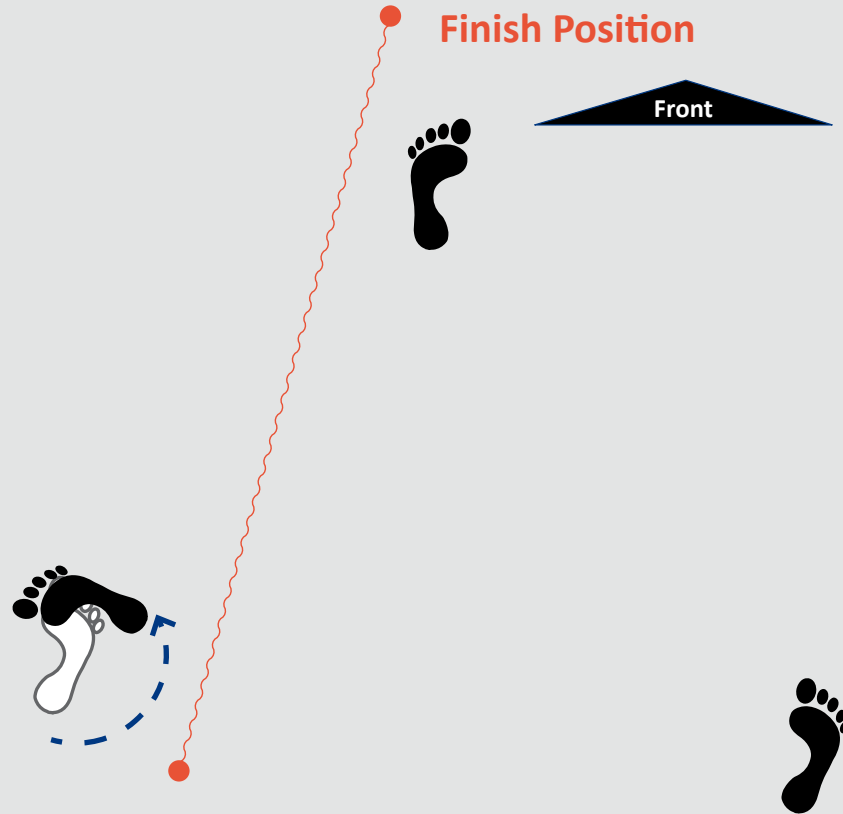


5. Bring your weight on to your right foot, turn to the left into a left walking stance with a forearm low block

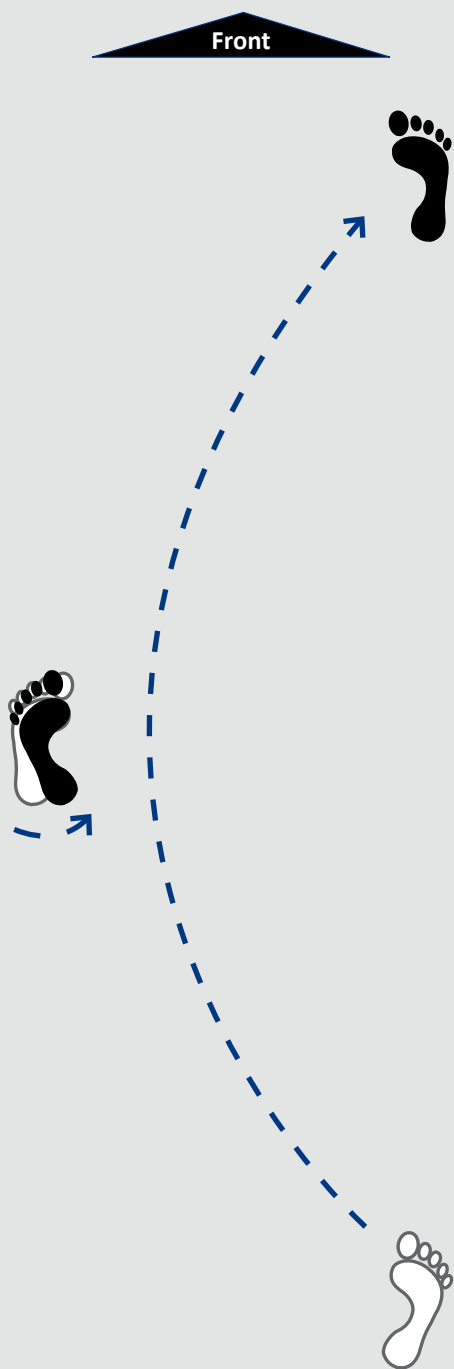
Start Position



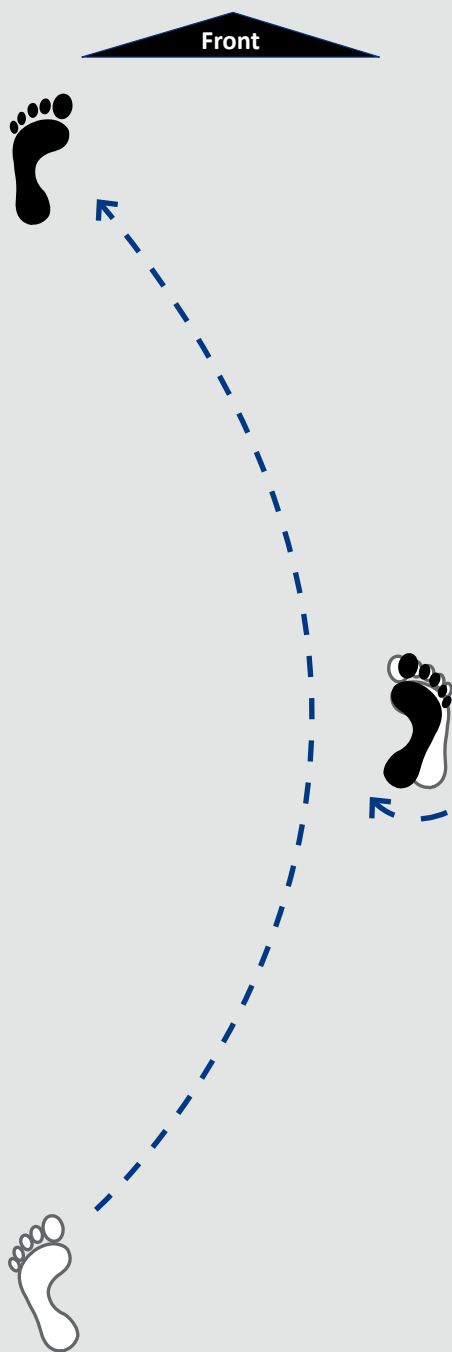
Finish Position



6. Step forward into right walking stance high punch



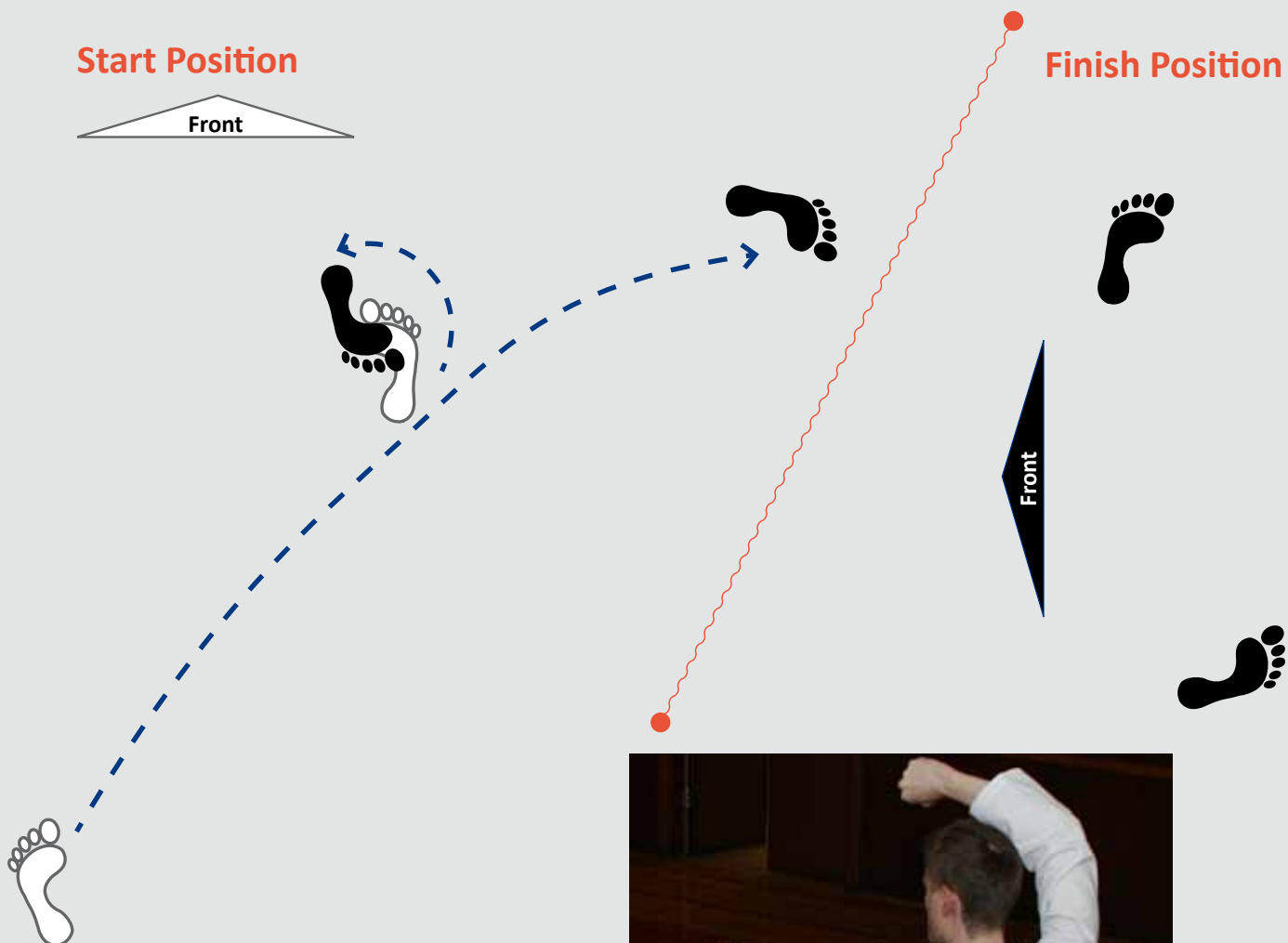
7. Step forward into left walking stance high punch



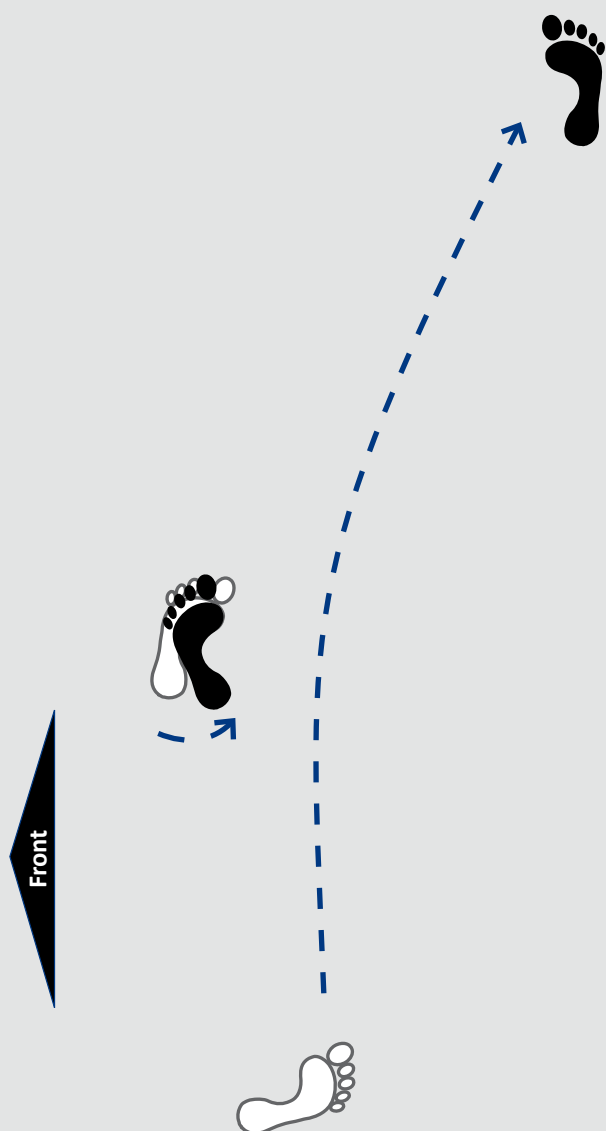
8. Step forward into right walking stance high punch



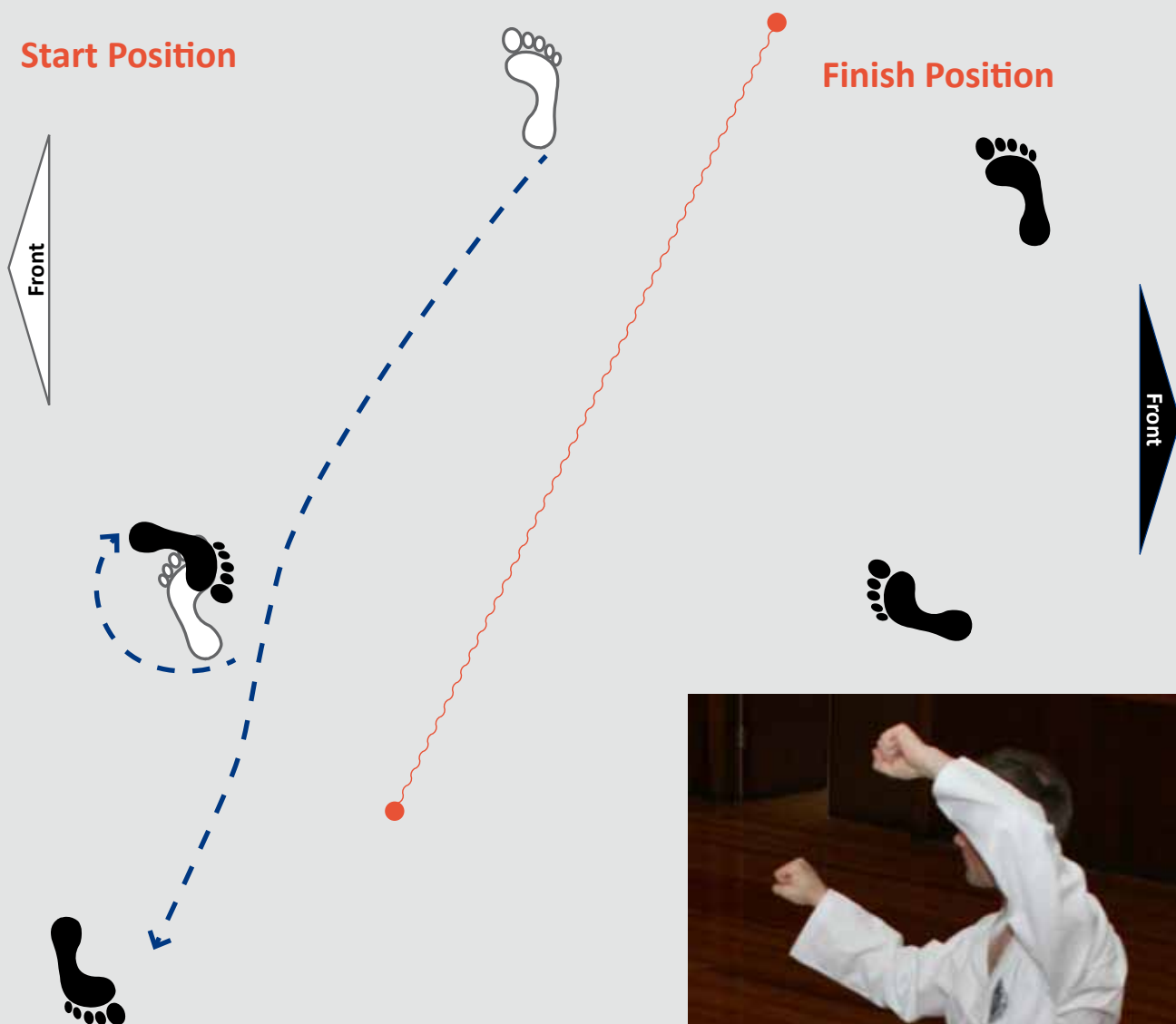
9. Move forward bringing your weight onto your right foot, then turn 270° (3/4 turn) counter-clockwise, dropping into right L-stance twin forearm block



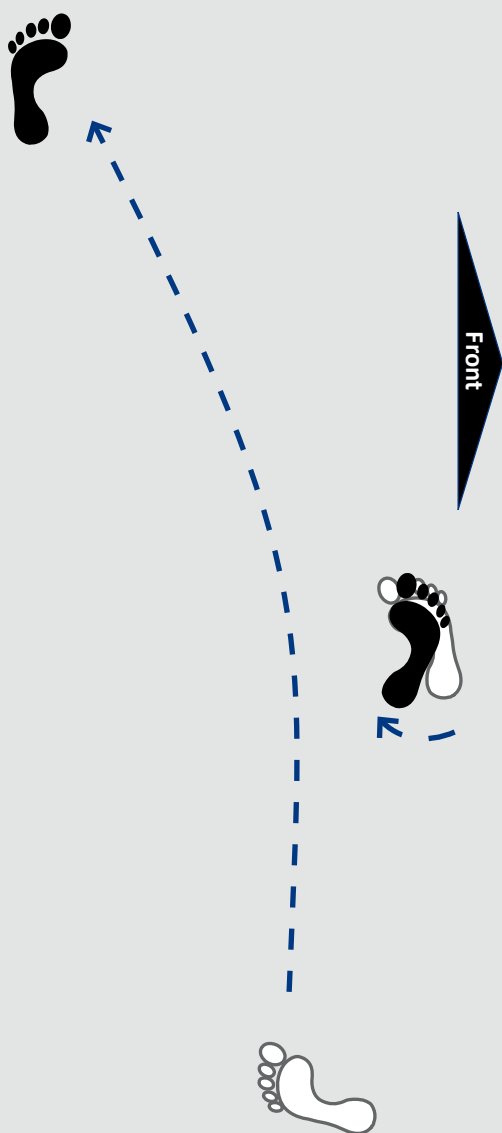
10. Step forward into right walking stance high punch



11. Shift your weight onto your left foot, rotate 180° (1/2 turn) clockwise, dropping into left L-stance twin forearm block

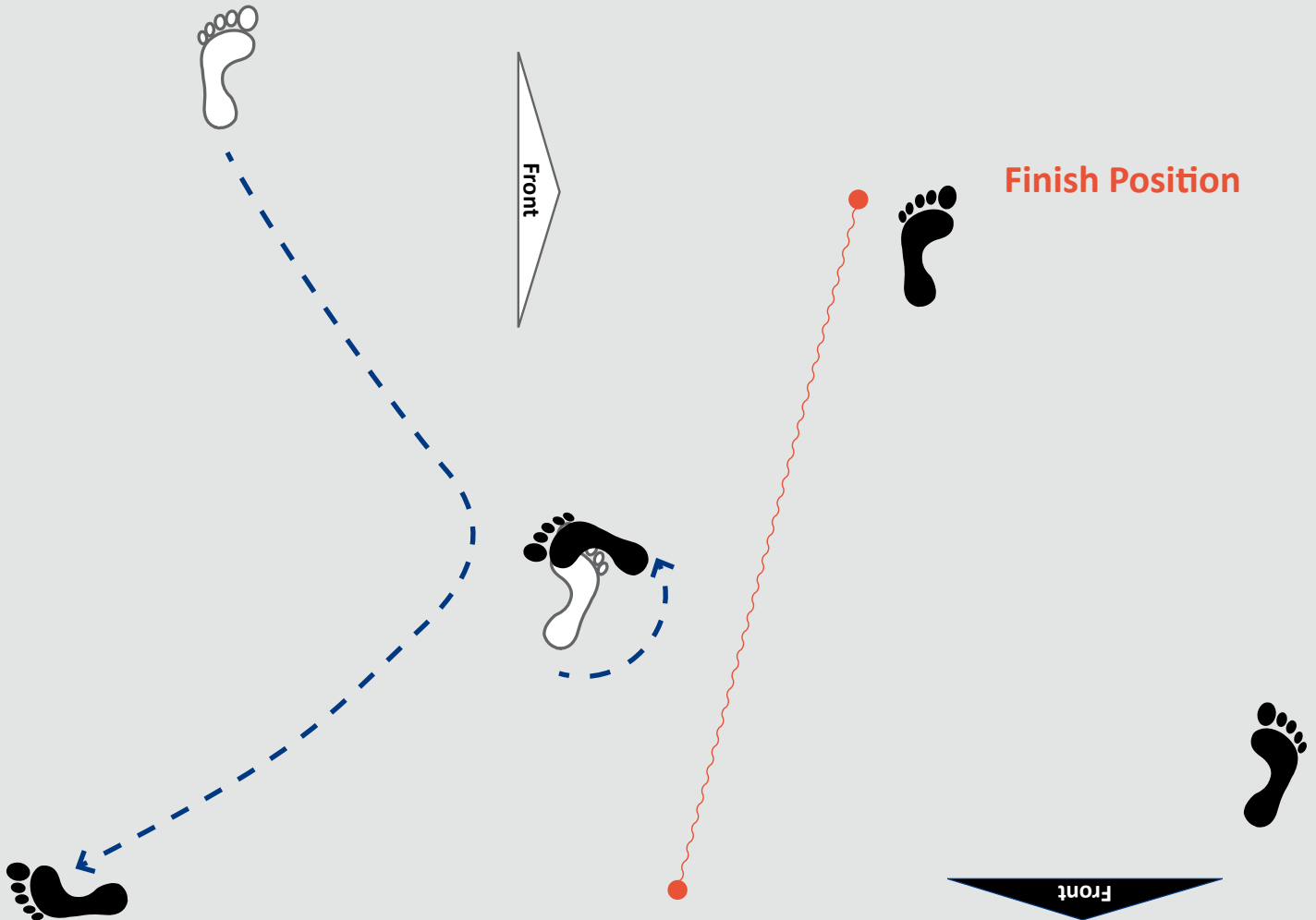


12. Step forward into left walking stance high punch



13. Bring your weight on to your right foot, turn to the left, step into a left walking stance forearm low block and **in continuous motion...**

Start Position



- This movement is followed immediately by the next movement (continuous motion).



14. Left forearm rising block



- Leave your feet where they are.



- You need to do a full sine wave here and the movement is done immediately after the previous movement (continuous motion).



15. Step forward into right walking stance rising block



16. Step forward into
left walking stance
rising block

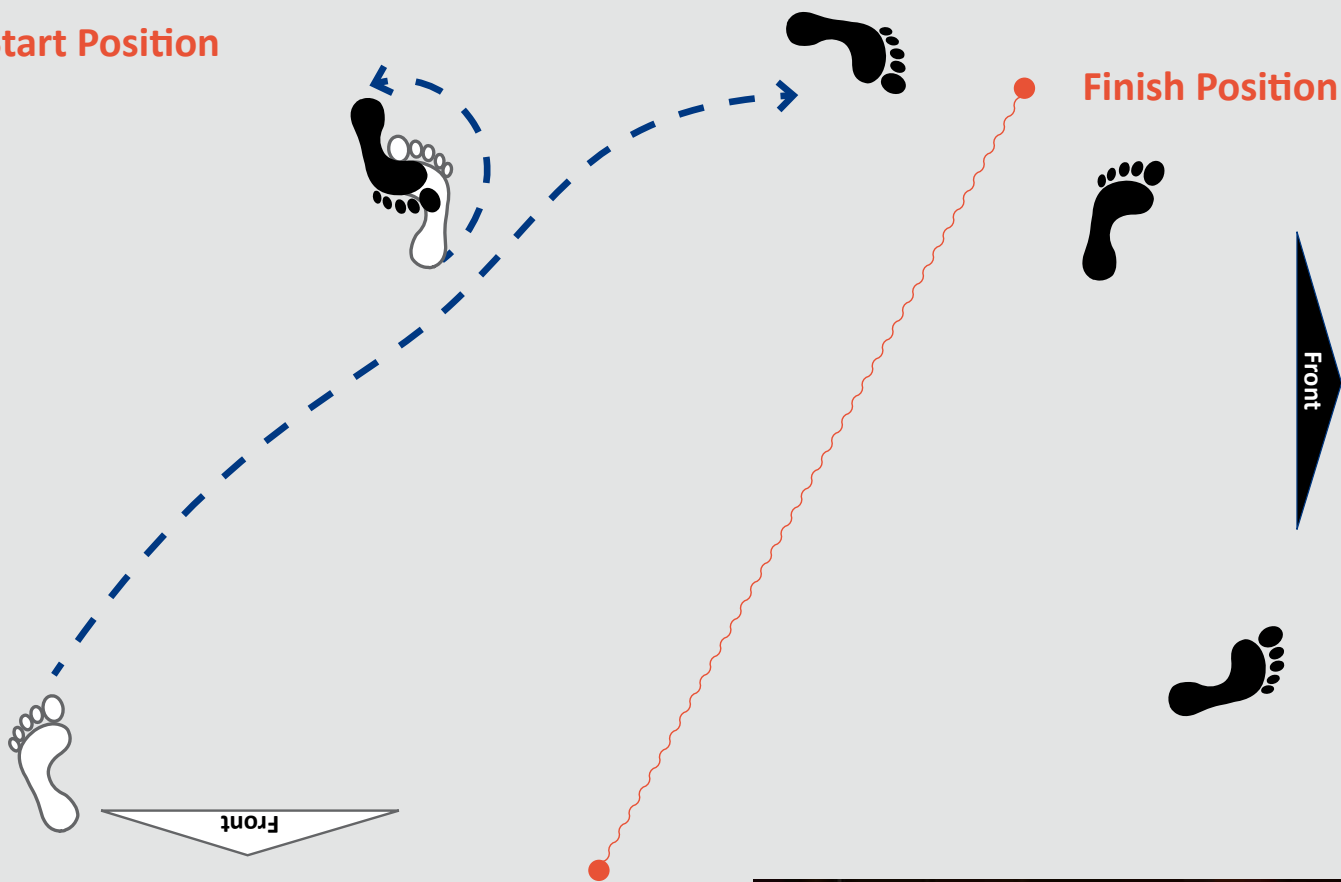


17. Step forward into
right walking stance
rising block

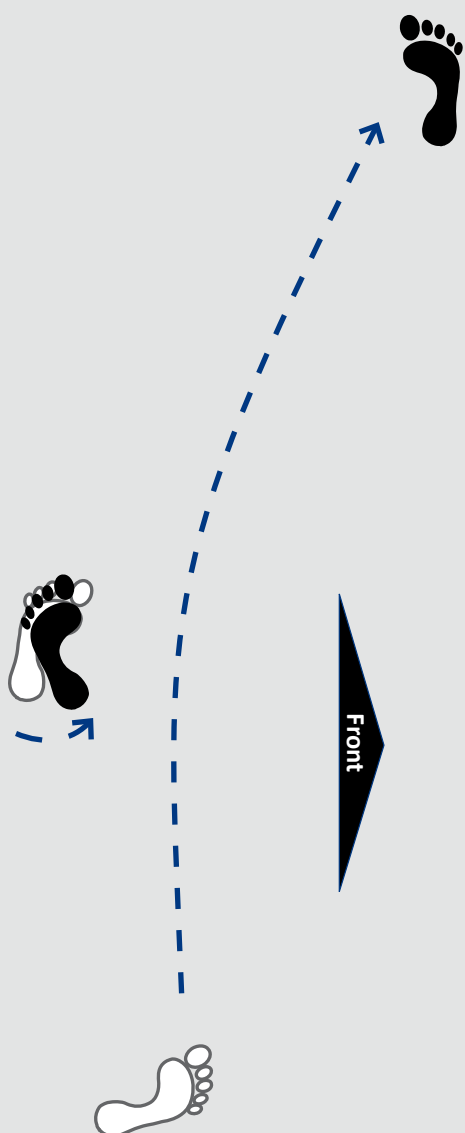


18. Pivoting on your right foot, turn 180° (1/2 turn) counter-clockwise, dropping into right L-stance knifehand strike

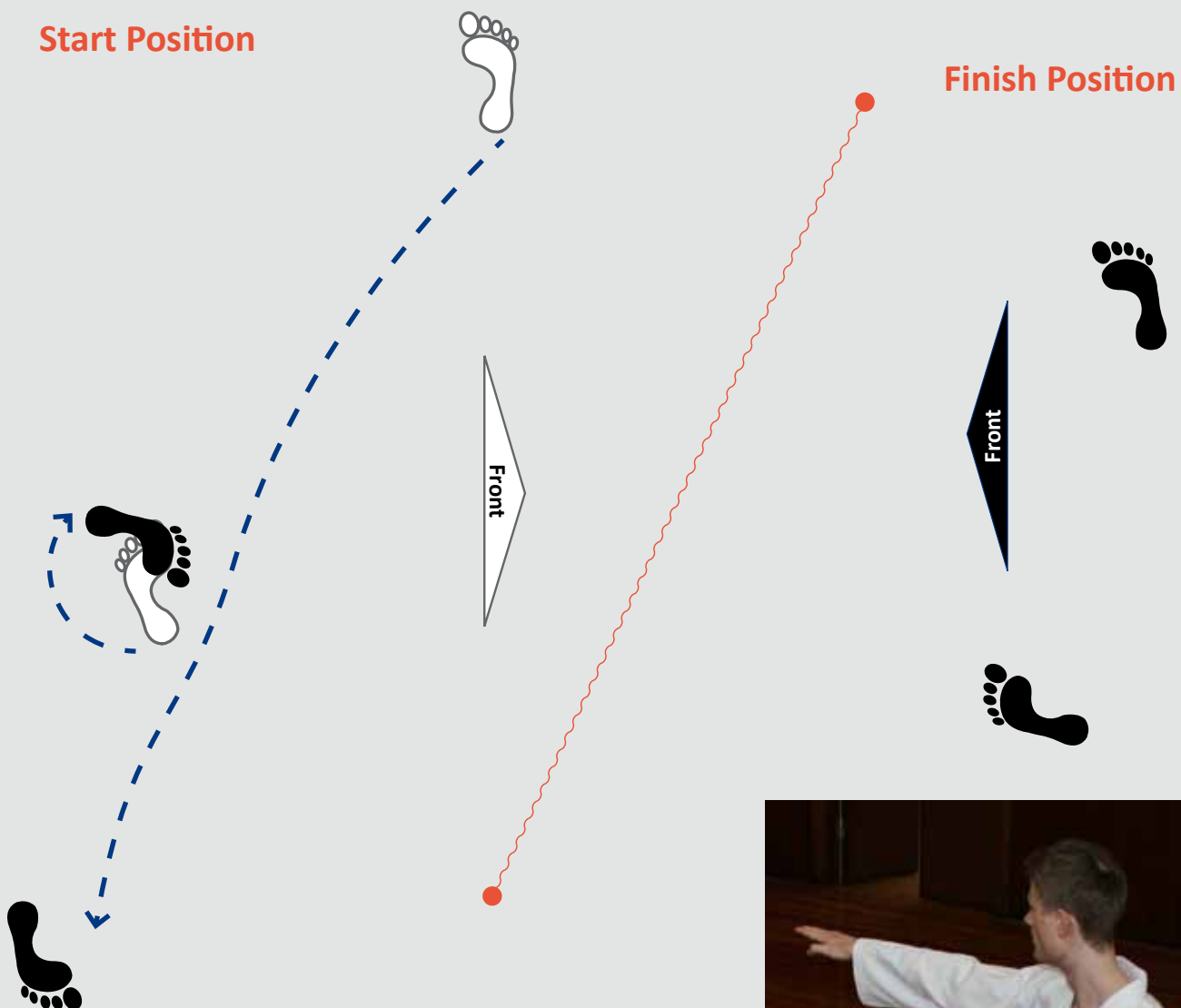
Start Position



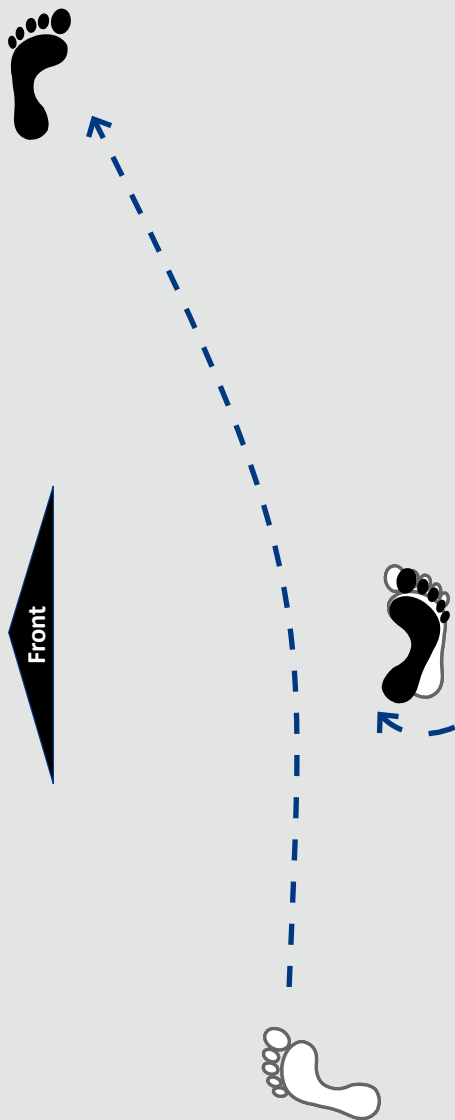
19. Step forward into right walking stance high punch



20. Pivoting on your left foot, turn 180° (1/2 turn) clockwise, dropping into left L-stance knifehand strike

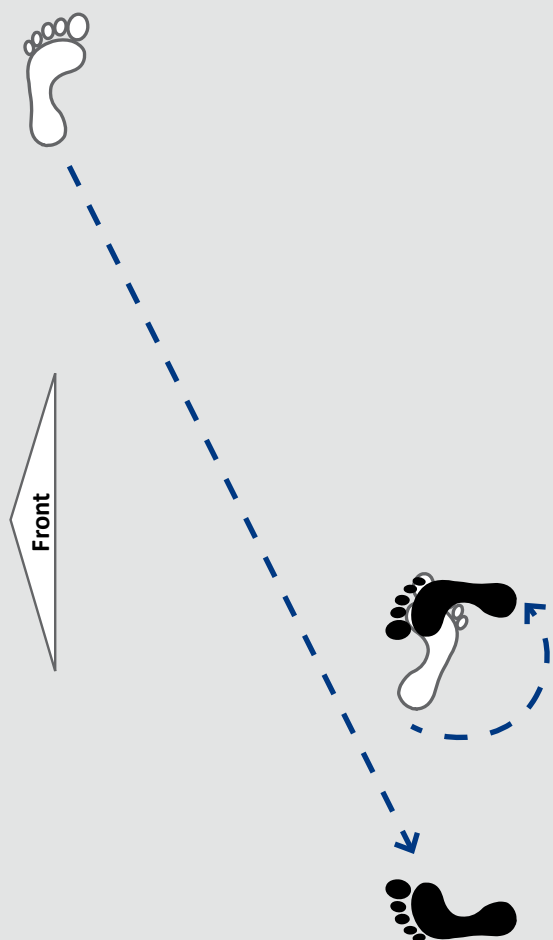


21. Step forward into left walking stance high punch



End Bring your left foot back to parallel ready stance

Start Position



Finish Position

