



## Korean

Middle- Kaunde

Block- Makgi

Inner- An

Middle Inner forearm block- Kaunde An

Forearm- Palmok

Palmok Makgi

Walking stance- Gunnun Sogi

## **Dan Gun**

**21 moves**

**2 different stances (walking stance and L Stance)**

## **FUN FACTS**

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

All punches in this pattern are high section.

October 3<sup>rd</sup> is celebrated as a national holiday in Korea, commemorating the founding father Dan Gun.

## **The Legend of Dan Gun**

There was once a time when Heaven and Earth were one, and animals could speak like humans. The God Hwanin sent his son Hwang-Ung to the east to build a new country. He settled on the Baektu Mountain (see Chon Ji) in 2333 BC.

One day, a tiger and a bear came to Hwang-Ung to ask to be transformed into human form. Hwang-Ung said it could be done but it would be difficult and would take much patience. The animals agreed to do whatever it took to become human. Hwang-Ung gave the tiger and the bear twenty cloves of garlic and some mugwort, and they were told to eat them whilst they stayed in a cave and prayed for 100 days. After 20 days the tiger became hungry and could no longer continue, so he left the cave the next day in search of food and remained a tiger. When the 100 days were almost at an end, the bear started to change, until at the end of the 100<sup>th</sup> Day the bear had fully transformed into a beautiful woman. She became known as Ung-Yo (the girl incarnated from the bear).

Hwang-Ung, so taken by her beauty, married her, and she gave birth to a son, who they named Dan Gun. This child gave rise to the first Korean dynasty in 2333 BC.