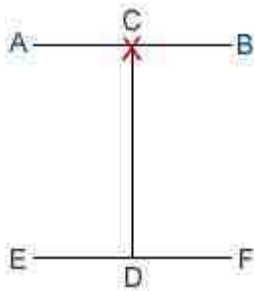


ITF Taekwondo Dan-Gun Position Diagram



There are 21 movements in this ITF pattern.

Start in the Joon-Bi or Ready stance

1. Turn left 90 degrees and go into a L-stance (left leg forward), middle knife hand guarding block
2. Step forward into a walking stance with right leg forward, right high punch
3. Turn right 180 degrees and go into a L-stance (right leg forward), middle knife hand guarding block
4. Step forward into a walking stance with left leg forward, left high punch
5. Turn left 90 degrees and go into a walking stance (left leg forward), low block with left arm
6. Step forward into a walking stance with right leg forward, right high punch
7. Step forward into a walking stance with left leg forward, left high punch
8. Step forward into a walking stance with right leg forward, right high punch
9. Turn left 270 degrees into a L-stance (left leg forward), perform a right high block and left outside block at same time
10. Step forward into a walking stance with right leg forward, right high punch
11. Turn right 180 degrees into a L-stance (right leg forward), perform a left high block and right outside block at same time
12. Step forward into a walking stance with left leg forward, left high punch
13. Turn left 90 degrees into a walking stance (left leg forward), left low block
14. Stationary walking stance a left high block(same arm as previous)
15. Step forward into a walking stance (right leg forward), right high block
16. Step forward into a walking stance (left leg forward), left high block
17. Step forward into a walking stance (right leg forward), right high block
18. Turn left 270 degrees into a L-stance, left knife hand strike
19. Step forward into a walking stance (right leg forward), right high punch
20. Turn left 180 degrees into a L-stance, right knife hand strike
21. Step forward into a walking stance (left leg forward), left high punch

"Bah Ro", turn left bringing right foot back into Ready stance