TAEKWONDO AMERICA

YELLOW BELT
YELLlow belt

pattern

Dan-Gun

21 Movements

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

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 (Ki-Hap)
   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 (Ki-Hap)
    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 COMBINATIONS

Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5. Yells (ki-haps) are indicated in **BOLD**.

#1 Kicks are performed with the lead leg.
#2 Kicks are performed with the back leg.
#3 Kicks are performed by moving the back leg and striking with the lead leg.

1. Front Kick, Lead Hand Outer Forearm Block, Reverse Punch, **# 2 Round Kick (Ki-Hap)**

2. Crescent Kick, Other Leg Front Kick/ Round Kick Combination, **Spin Side Kick (Ki-Hap)**

3. Outside Block, Lead Hand Back Fist, **# 1 Side Kick**, **Spin Crescent Kick (Ki-Hap)**


5. Double Knife Hand Block, Reverse Punch, Lead Hand Hook Punch, **# 1 Side Kick**, **Spin Side Kick (Ki-Hap)**