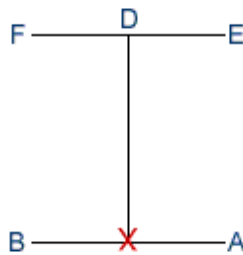




Sparks TaeKwon-Do

Pattern: DHAN GOON Belt Level: Double Blue Stripe

DHAN-GOON named after the founder of Korea. The 23 movements in this pattern represent the first two digits of the year 2333 B.C. when, according to legend, Korea was born. This is Grand Master Park's progressive interpretation of the traditional TaeKwon-Do pattern of the same name.



DHAN GOON

Movements -23

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B, forming a right L-stance while executing an outward middle left inner forearm block.
2. Move the right foot to B forming a right walking stance while executing a middle punch with the right fore fist.
3. Move the right foot to A, turning clockwise, forming a left L-stance while executing an outward middle right inner forearm block.
4. Move the left foot to A forming a left walking stance while executing a middle punch with the left fore fist.
5. Move the left foot to D, turning counter clockwise, forming a left walking stance while executing a low left outer forearm block.
6. Execute a middle front snap kick to D with the right foot.
7. Lower the right foot to D and execute a middle front snap kick to D with the left foot.
8. Lower the left foot to D and execute a middle side piercing kick to D with the right foot.
9. Lower the right foot to D, forming a left L-stance while executing a middle outward right knife-hand strike.

10. Move the left foot to E, pivoting counter clockwise, forming a right L-stance while executing a middle knife-hand guarding block.
 11. Move the right foot to E, forming a right walking stance while executing a middle punch with the right fore fist.
 12. Move the right foot to F, turning counter clockwise, forming a left L-stance while executing a middle guarding block with the knife hand.
 13. Move the left foot to F, forming a left walking stance while executing a middle punch with the left fore fist.
 14. Move the left foot to C, pivoting counter clockwise, forming a left walking stance while executing a high left inner forearm block.
 15. Executing a high punch to C with the right fore fist, maintaining the left walking stance.
 16. Move the right foot to C, forming a left L-stance while executing a twin forearm block.
 17. Execute a high hook kick to C, with the right foot. Lower the right foot to C, forming a right walking stance while executing a high punch with the left fore fist.
 18. Move the left foot, forming a right bending ready stance A toward C.
 19. Execute a middle left leg side piercing kick towards C.
 20. Lower the left foot on line CD and then move the right foot to A, turning clockwise to form a left L-stance while executing a middle forearm guarding block.
 21. Execute a high turning kick to AD with the left foot and then lower the left foot to A, forming a left walking stance while executing a high punch to A with the right fore fist.
 22. Move the left foot to B, turning counter clockwise to form a right L-stance towards B while executing a middle forearm guarding block.
 23. Execute a high turning kick to BD with the right foot and then lower the right foot to B, forming a right walking stance while executing a high punch to A with the left fore fist.
- END Bring the right foot back to ready stance.