

# Gold Belt To Purple Belt



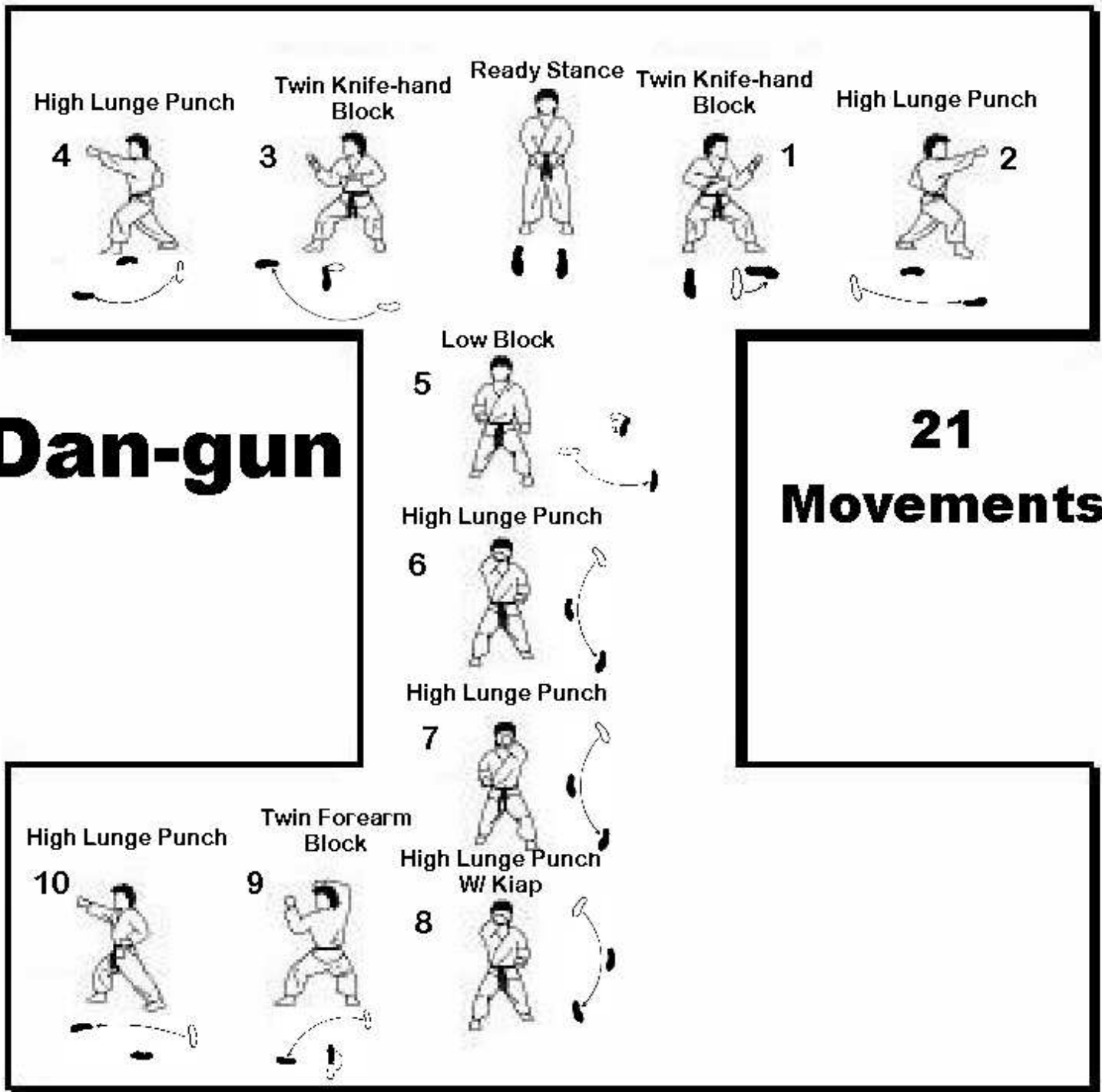


**Self Defense**  
**(Gold Belt to Purple Belt)**

- 11) Rear Strangle Hold: Tuck chin; shift hips; rear elbow; rear hammer fist; grab groin; rip up and elbow to jaw.**
  
- 12) Front Straight Head Punch: Side step forward; inward block; reverse punch to body; palm thrust to head.**
  
- 13) Front Body Punch: Step back; downward inner forearm block; back fist to face; front kick to groin.**
  
- 14) Front Two Hand Arm Grab: Knee to groin; grab head; knee to face.**
  
- 15) Front Two Hand Push: Step back into front stance; double scoop block; front kick to groin; floating palm to face.**

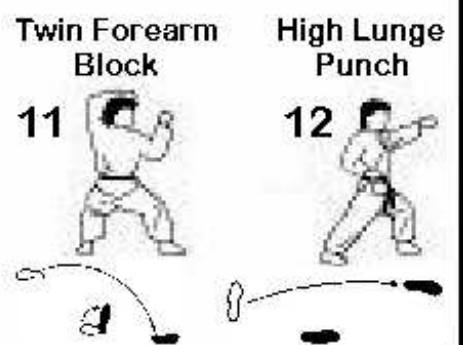
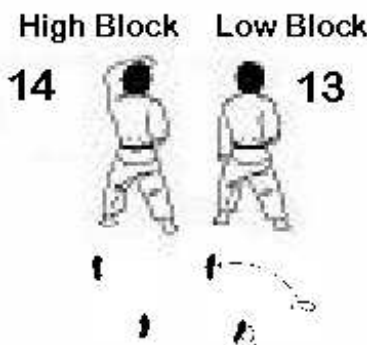
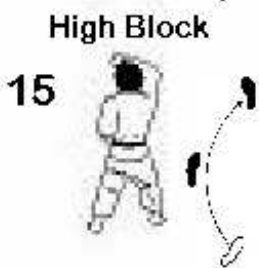
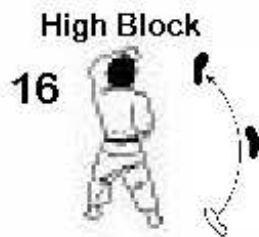
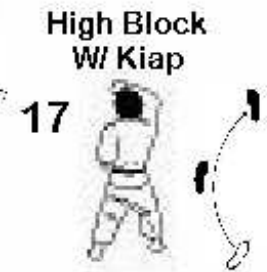
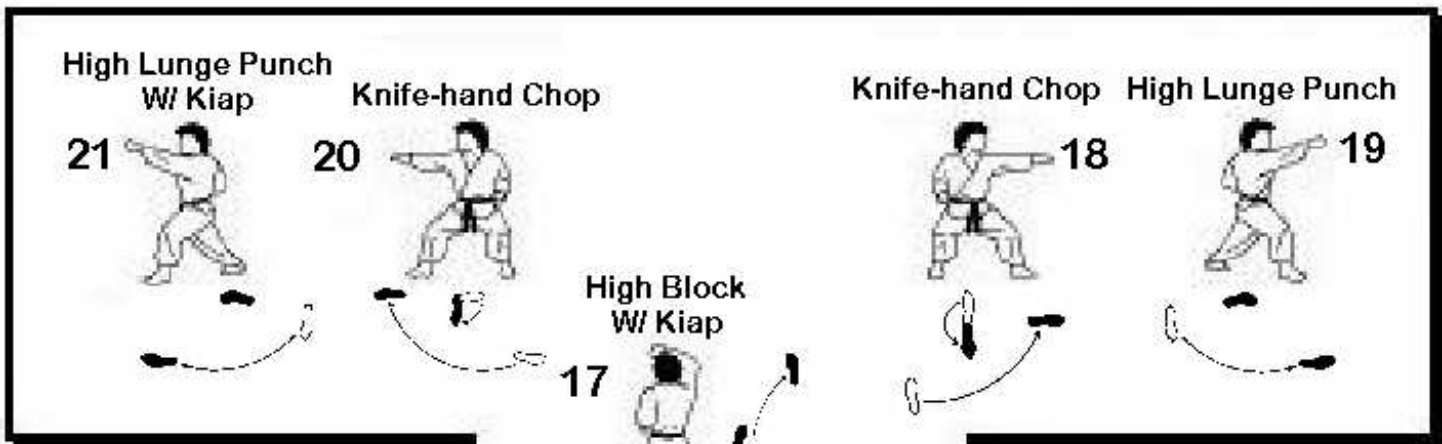
# Dan-gun

# 21 Movements



The form of Dan-gun is required to advance from gold belt (9th gup) to purple belt (8th gup). The pattern is named after the Holy Dan Gun the legendary founder of the of Korea in 2333 B.C.

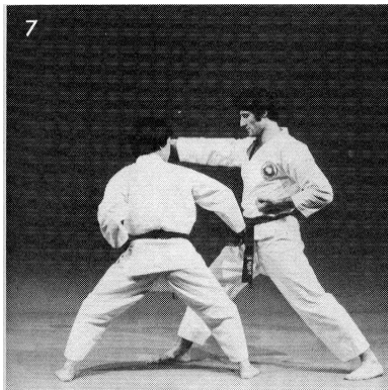
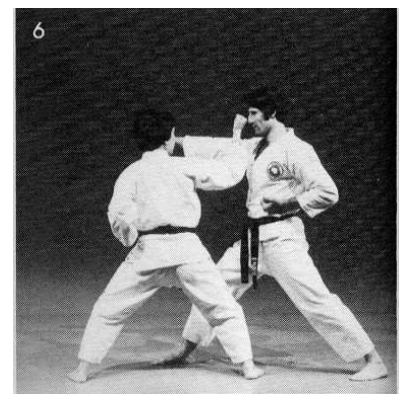
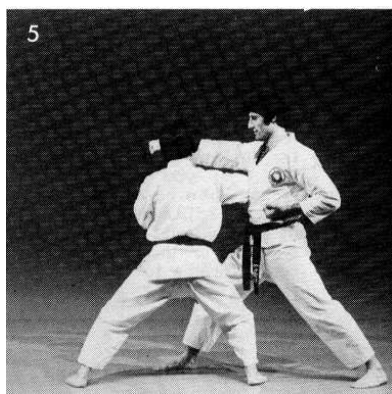
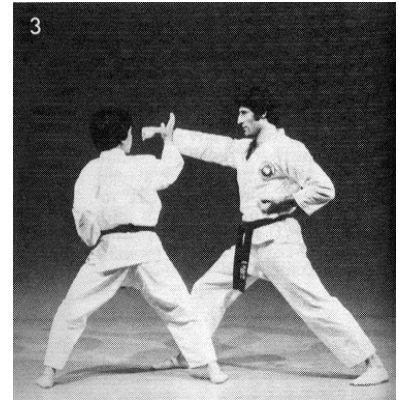
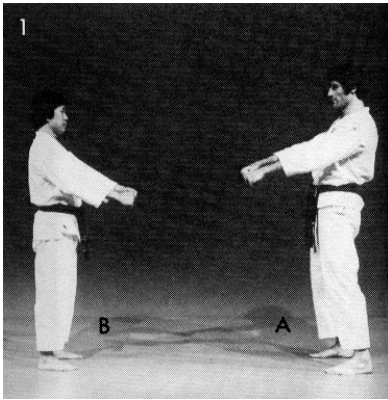
Although heavily steeped in myth the story of Dan Gun has played an important role in Korean unity and national identity in the face of many invasions.



October 3rd is celebrated as a national holiday, commemorating the Korean founding father, the Holy Dan Gun

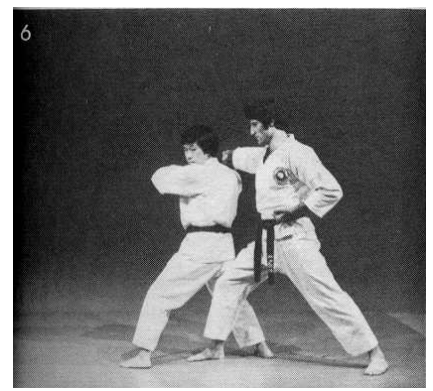
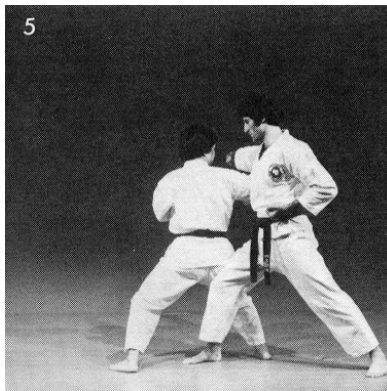
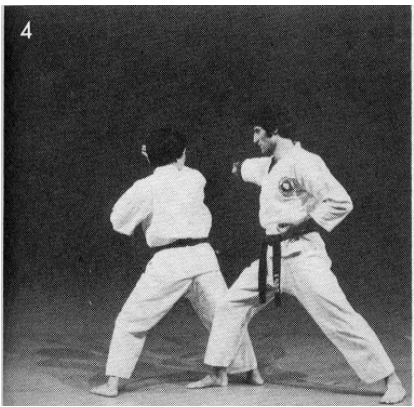
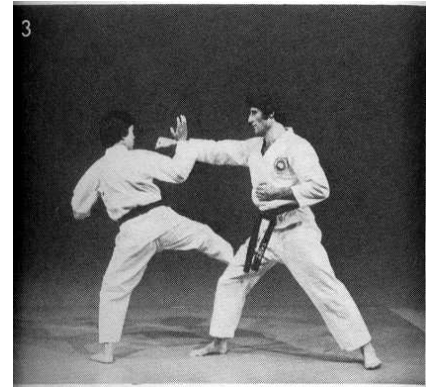
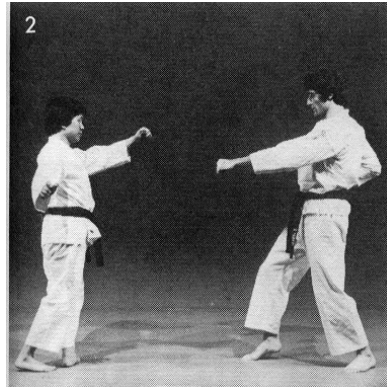
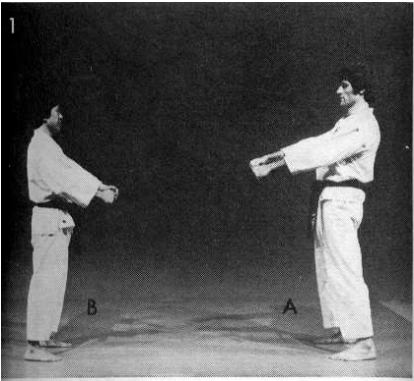
The 21 movements of the form are taken from the legendary story as a bear who pleaded with Whan In (the creator) to make her human. The bear was asked to stay in cave for 21 days and humanity was her reward for her patience. Later she gave birth to

# Technique Six



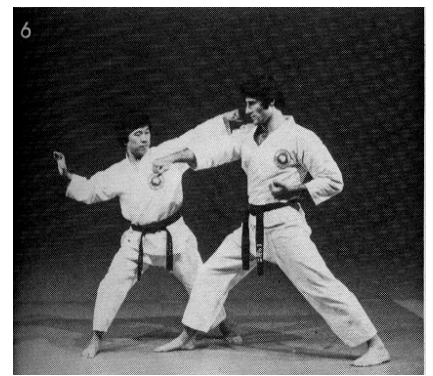
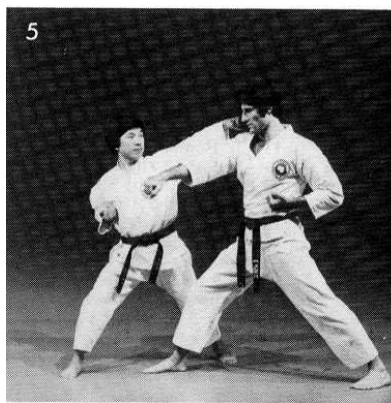
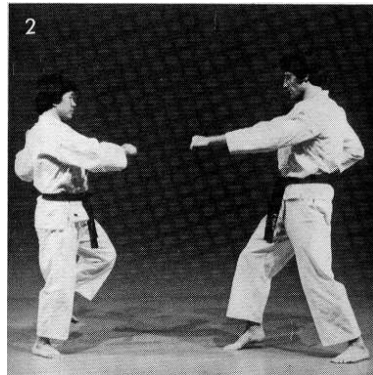
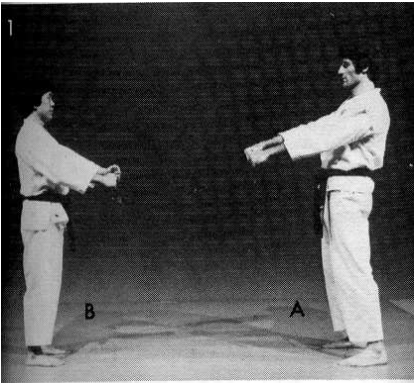
(1) From a ready position, (2&3) step forward with the right foot into a right straddle stance and execute a right inward open-hand block. (4-6) Using the tip of the right elbow, execute a strike to the solar plexus, followed by a back-fist to the nose and then a right hammerfist to the groin.

# Technique Seven



(1) From a ready position, (2&3) with the right foot, step across A's leg into a right straddle stance as you execute a right open-hand inward block. (4&5) Using the back of the right elbow, execute a strike to the rib cage. (6&7) Turning to the left, use the back of the left elbow to strike the solar plexus.

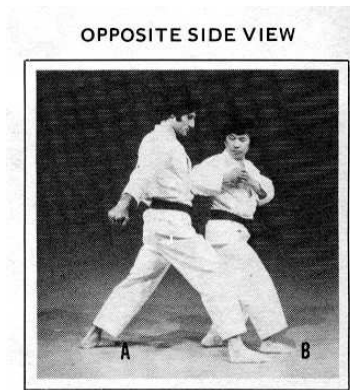
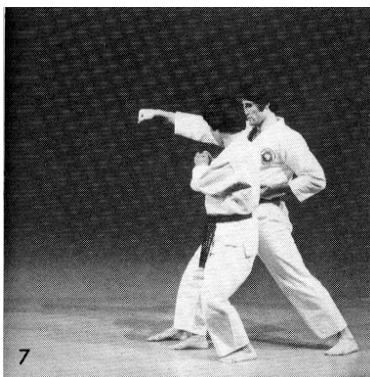
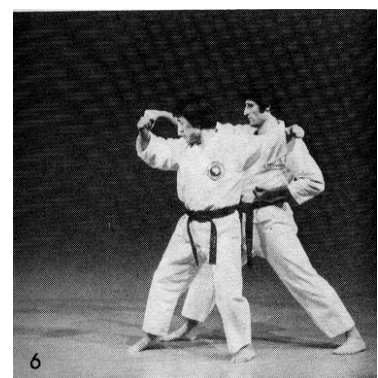
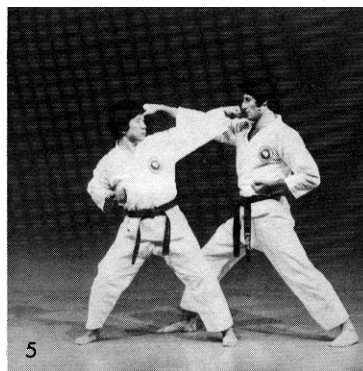
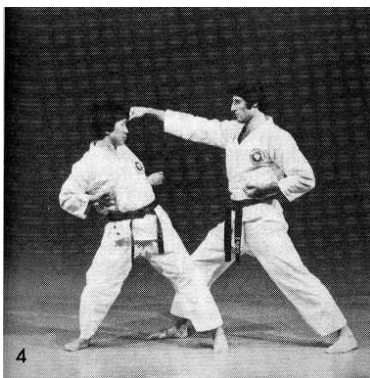
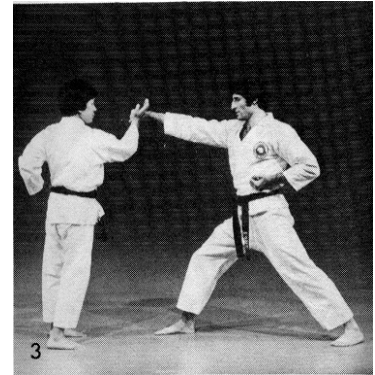
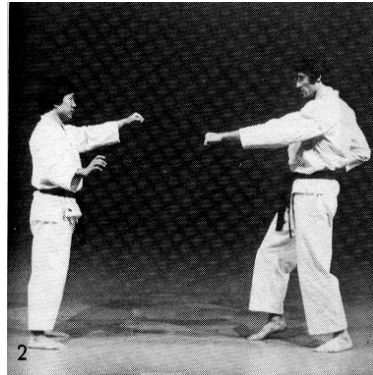
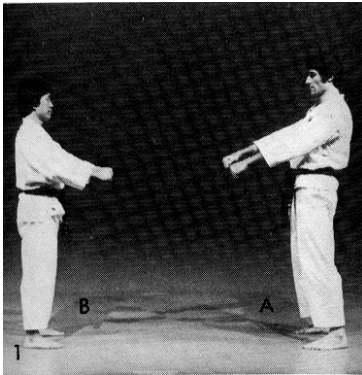
# Technique Eight



(1) From the ready position, (2&3) with the left foot, step across A's right leg into a left straddle stance as you execute a left open-hand inward block, (4) a right reverse punch to the rib cage as you twist into a left forward stance, (5&6) a left reverse punch to the face as you twist into a right forward stance, and (7) a right open-hand forward chop to the solar plexus as you again twist into a left forward stance.

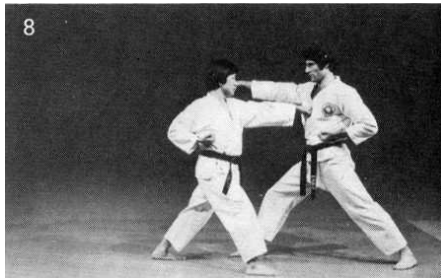
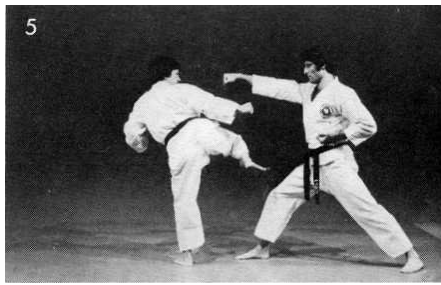
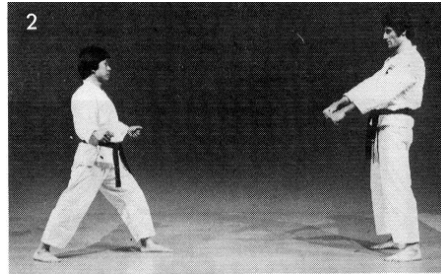
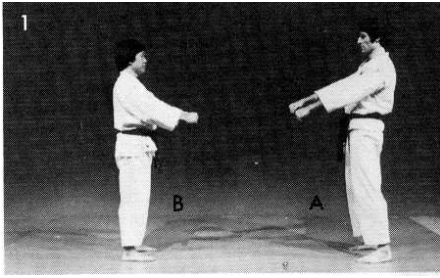


# Technique Nine



(1-3) Remaining in a ready position, execute a right inward open-hand block. (4&5) Stepping forward with the left foot into a left straddle stance, execute a high side punch. (6&7) Spinning to the right and sliding the right foot closer to A, use the back of the elbow for a strike to the solar plexus.

# Technique Ten



(1) From the ready position, (2) step back with the right foot into a left forward stance, dropping both fists to the sides. (3&4) execute a turning side kick to the midsection. (5\*6) Stepping into a right straddle stance, use the right to deliver an inward open-hand block; (7) right backward chop to the neck and (8) while sliding the right foot sideways shift into a right forward stance, executing a left reverse punch to the midsection.