

# Dan Goon

Belt Level: Green

- 1.) Jhoon–Bi
- 2.) Turn left (90°) into Front Stance, Side Hand Strike with left hand keeping elbow at midsection
- 3.) Reverse Punch with right fist
- 4.) Turn right (180°) into Front Stance, Side Hand Strike with right hand keeping elbow at midsection
- 5.) Reverse Punch with left fist
- 6.) Step forward to bring feet together
- 7.) Turn left (90°) into Back Stance, Double Knife Hand Block
- 8.) Quan So to mid section with right hand (left arm bent 90 degrees at elbow, left hand under right elbow)
- 9.) Turn left (360°) pulling right hand free into Front Stance, Back Knuckle Strike with left fist
- 10.) Step forward into Front Stance, Back Knuckle Strike with right fist
- 11.) Turn right (270°) into Front Stance, Side Hand Strike with left hand keeping elbow at midsection
- 12.) Reverse Punch with right fist
- 13.) Pivot turn right (180°) into Front Stance, Side Hand Strike with right hand keeping elbow at midsection
- 14.) Reverse Punch with left fist
- 15.) Both arms come up across chest in Choke Hold, lift left foot up, bring to right foot, step turn left (135°) extending both hands into Front Stance, Double Fist Strike to chin
- 16.) Front kick with right foot finishing in a Double Punch (right then left)
- 17.) Both arms come up across chest in Choke Hold, lift left foot up, bring to right foot, step turn left (135°) extending both hands into Front Stance, Double Fist Strike to chin
- 18.) Front kick with left foot finishing in a Double Punch (left then right)
- 19.) Left foot back to center, turn left (45°) into Front Stance, High Rising Block with left arm
- 20.) Step forward into Front Stance, High Rising Block with right arm
- 21.) Turn right (270°) into Horse Stance, Single Knife Hand Strike with left hand
- 22.) Hold Horse Stance and draw left foot to center, step right foot forward into Back Stance, Single Knife Hand strike
- 23.) Hold position until Sensei says “Ba-ro!”
- 24.) Jhoon–bi

## Terminology:

**Quan So** - Spear hand strike

**Reverse Punch** – Punch again with Opposite Fist