

# TAN-GUN HYUNG

8<sup>th</sup> Kup

21 movements



**Tan-Gun is named after the legendary Korean hero who reputedly founded Korea in 2334 BC.** Technically, the most challenging moves are the 270° and 180° turns with twin forearm blocks (mv 9 & 11). The consecutive lower- and upper-section blocks (mv 13 & 14) must be fast but must also demonstrate a full range of movement.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	W	L foot to W	R back stance	Knife-hand guarding block <sup>1</sup>
2	W	Step forward	R front stance	R lunge punch
3	E	R foot to E (turn 180° C)	L back stance	Knife-hand guarding block
4	E	Step forward	L front stance	L lunge punch
5	N	L foot to N	L front stance	L lower-section block
6	N	Step forward	R front stance	R lunge punch
7	N	Step forward	L front stance	L lunge punch
8	N	Step forward	R front stance	R lunge punch
9	E	L foot to E (pivot on R foot and turn 270° CC)	R back stance	Twin outer-forearm block <sup>2</sup>
10	E	Step forward	R front stance	R lunge punch
11	W	R foot to W (turn 180° C)	L back stance	Twin outer-forearm block
12	W	Step forward	L front stance	L lunge punch
13	S	L foot to S	L front stance	L lower-section block <i>followed quickly by</i>
14	S			L upper-section block <sup>3</sup>

<sup>1</sup> Guarding block and knife-hand guarding block begin from the same chambered position as lower-section block. In the latter, knife-hands are assumed at the chambered position: fingers are straight and together; the thumbs are bent and slightly apart from the hand. The lead hand blocks at mid-section with the outer-forearm; the palm is facing outward and just below chin-height and the elbow is bent 90°, pointing down. The palm of the rear hand finishes one fist-width in front of the solar-plexus, facing up. The rear elbow should be apart from the body.

<sup>2</sup> Chamber fists at R hip with the leading hand on top of the rear hand. The leading hand finishes in outer-forearm block (mid-section) and the rear hand finishes in an upper-section block to S. Avoid bringing the upper-section block around in an arc: it should travel straight up from the hip. Both techniques are driven by the CC rotation of the hip.

<sup>3</sup> Obtain equal power in both blocks by re-chambering the hips.

TAN-GUN HYUNG

#	+	Move	Stance	Action
15	S	Step forward	R front stance	R upper-section block
16	S	Step forward	L front stance	L upper-section block
17	S	Step forward	R front stance	R upper-section block
18	W	L foot to W (turn 270° CC)	R back stance	L knife-hand strike <sup>4</sup>
19	W	Step forward	R front stance	R lunge punch
20	E	R foot to E	L back stance	R knife-hand strike
21	E	Step forward	L front stance	L lunge punch <b>KIUP</b>
	N	On "Keuman" R foot to	Parallel ready stance	

---

<sup>4</sup> Knife-hand strike begins in the same chambered position as lower-section block, with the leading hand in knife-hand and the rear fist closed. The lead (striking) hand finishes at neck-height with the arm extended (just out of lock) and palm facing down. The rear hand moves to a chambered position at the lowest rib.