

TAN-GUN

YELLOW BELT - 21 Movements 8TH-YELLOW-R TO 7TH-YELLOW-D

The form is named after the legendary founder of Korea in 2333 B.C.

The legend of Tan-Gun is based on the Korean Trinity, consisting of Whan-In (the Creator), Whan-Ung (the son of the Creator) & Tan-Gun (the human form of the Creator). Whan-Ung was given permission to create a mortal kingdom on Earth. In 2333 B.C., with 3,000 spirits Whan-Ung descended to the Ta-Bak Mountain. He assembled the spirits under the Pak-Tal tree (Sandalwood) & proclaimed himself the King of the Universe. Whan-Ung reined over his kingdom with the aid of "Wind General," "Rain Governor," & "Cloud Teacher." Needing to become human to rein in a world of men, Whan-Ung made a deal with a tiger & a bear. He gave them each 20 pieces of garlic & a stick of artemisia (sagebrush) & told them to hide from sunlight for 21 days. The impatient tiger could not wait & came out early. With great faith, the patient bear stayed the duration & was transformed into a perfect woman. Whan-Ung breathed on the woman making her pregnant. Their son was born on Mount Myo-Hyang under the Pak-Tal tree and was named Tan-Gun Wang-Gum, Lord of the Pak-Tal tree. Years later, men of the Ku-I (9 wild tribes) found Tan-Gun under the tree and made him king. From their first home, Mt Paektu (Ever White mountain) Tan-Gun led his people south to Pyongyang, the first Korean capital. He was noted for introducing marriage, subject-king relationship, art of cooking, house building, agriculture, hair binding & tree cutting. Also, he made the first altar on Kang-Wha Island, known as Tan-Gun's Altar. Tan-Gun reigned for 1,211 years with his wife Pi So-Ap & sons by his side. He fell from power when the uncle of the Shang King of China, Ki-Ja escaped the overthrow of the Shang Dynasty and escaped to Korea with 5,000 subjects. Tan-Gun fled from Ki-Ja's forces to the town of Mun-Wha, where he resumed his into his spirit form and left the mortal world. The Chinese ruled Korea for 929 years and brought with them Chinese culture in the form of literature, medicine & art. Tan-Gun day celebrated on October 3rd, commemorates the founding of Korea.



Begin: Ready Position starting at [X] facing North.

1. Move left foot West, forming LFF back stance while executing middle-section double knife-hand guarding block.
2. Move right foot West, forming RFF front stance while executing high-section punch with right fist.
3. Move right foot East, turning clockwise 180 degrees forming RFF back stance while executing middle-section double knife-hand guarding block.
4. Move left foot East, forming LFF front stance while executing high section punch with left fist.
5. Move left foot North, turning counterclockwise 90 degrees forming LFF front stance while executing inside down block with left forearm.
6. Move right foot North, forming RFF front stance while executing high-section punch with right fist.
7. Move left foot North, forming LFF front stance while executing high-section punch with left fist.
8. Move right foot North, forming RFF front stance while executing high-section punch with right fist. [YELL]
9. Move left foot East, turning counterclockwise 270 degrees forming LFF back stance while executing double rising hand block.
10. Move right foot East, forming RFF front stance while executing high-section punch with right fist.
11. Move right foot West, turning clockwise 180 degrees forming RFF back stance, while executing double rising hand block
12. Move left foot West, forming LFF front stance while executing high-section punch with left fist.
13. Move left foot South, forming RFF front stance while executing inside down block with left forearm.
14. Stationary. Execute high-section block with left forearm.
15. Move right foot South, forming RFF front stance while executing high-section block with right forearm.
16. Move left foot South, forming LFF front stance while executing high-section block with left forearm.
17. Move right foot South, forming RFF front stance while executing high-section block with right forearm. [YELL]
18. Move left foot West, turning counterclockwise 270 degrees forming LFF back stance while executing knife-hand attack with left hand.
19. Move right foot West, forming RFF front stance while executing high-section punch with right fist.
20. Move right foot East, turning clockwise 180 degrees forming RFF back stance while executing a knife-hand attack with right hand.
21. Move left foot East, forming LFF front stance while executing high-section punch with left fist.

End: Bring left foot back to [X] forming ready stance facing North.

Reminders:

Ready Stance: body is upright; legs are shoulder width; toes point forward; fists almost touching each other in front of the belt forming a circle.

Back Stance: body is upright; shoulders are pointing north & south; head is looking in the same direction as the front foot; both legs are bent; front foot (30% of the weight) is pointing forward, back foot (70% of the weight) is pointing 90 degrees (feet form the letter "L");

Front Stance: body is upright; shoulders are pointing east & west; head is looking in the same direction as the front foot; legs are shoulder width apart; front leg is bent (60% of the weight) & back leg is straight (40% of the weight); both feet point forward.

All punches in this form are high section. (Aiming between the nose and the lips)

RFF: Right Front Foot **LFF:** Left Front Foot

Testing Requirements:

I Tan-Gun Form

II. Basics: (1) Side Block (2) Double Rising Hand Block

III. Kicks: Facing Each Other (1) Side Kick, Side Kick & Double Punch [YELL]

(2) Side Kick, Back Side Kick & Double Punch [YELL]