

Tan-Gun

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Shoulder width apart	Fists apart at belt level
2	Left knife-hand guarding block with yell	W	Step with left foot into a left back stance	Left knife-hand guarding block
3	Right punch	W	Step foreword with right foot into a right front stance.	Right punch, face high
4	Right knife-hand guarding block	E	Move Right foot while pivoting on left. Rotate 180 degrees into a right back stance facing the opposite direction.	Right knife-hand guarding block
5	Left punch	E	Step foreword with left foot into a left front stance.	Left punch, face high
6	Left down block	N	Move left foot and rotate to the left 90 degrees into a left front stance.	Left down block
7	Right punch	N	Step foreword with right foot into a right front stance.	Right punch, face high
8	Left punch	N	Step foreword with left foot into a left front stance.	Left punch, face high
9	Right punch with yell	N	Step foreword with right foot into a right front stance.	Right punch, face high
10	Left square block	E	Move left foot and rotate to the left 270 degrees. Rotate on the right foot into a left back stance.	Left square block
11	Right punch	E	Step foreword with right foot into a right front stance.	Right punch, face high
12	Right square block	W	Move right foot and rotate to the right 180 degrees. Rotate on the left foot into a right back stance.	Right square block
13	Left punch	W	Step foreword with left foot into a left front stance.	Left punch, face high
14	Left down block	S	Move left foot and rotate 90 degrees to the left. Rotate into a left front stance.	Left down block
15	Left high block	S	Don't move feet.	Left high block
16	Right high block	S	Step foreword with right foot into a right front stance.	Right high block
17	Left high block	S	Step foreword with left foot into a left front stance.	Left high block
18	Right high block	S	Step foreword with right foot into a right front stance.	Right high block
19	Left knife-hand strike	W	Move left foot and rotate 270 degrees to the left. Rotate on right foot into a left back stance.	Left knife-hand strike
20	Right punch	W	Step foreword with right foot into a right front stance.	Right punch, face high
21	Right knife-hand strike	E	Move right foot and rotate 180 degrees to the right. Rotate into a right back stance.	Right knife-hand strike
22	Left punch, with yell	E	Step foreword with left foot into a left front stance.	Left punch, face high