

DAN-GUN ONE-STEPS:

1. Left foot steps forward into left front stance, left high block. Right reverse punch to mid section. Left punch to mid section. Shift into right front stance, left #1 side kick, stepping down to right foot. Right foot steps back into right back stance, left double knifehand block. **KIHAP**
2. Left foot steps forward into right back stance, left square block. Left backfist to high section. Right foot steps to right 45 degrees into right front stance. Left #2 round kick, stepping down to right foot. Right foot steps back into right back stance, left double knifehand block. **KIHAP**
3. Right foot steps forward into left back stance, right double knifehand block. Left foot steps 45 degrees into left front stance. Right #2 round kick. Right foot steps down into left back stance, right knifehand strike to high section. Right foot steps to left foot. Left foot steps back into left back stance, right double knifehand block. **KIHAP**