

Dan Gum Hyung

1. Choon Be
2. Twist hips to face left, lift the left foot to right knee
3. Grab knife handle in right hand
4. Cover blade with left hand
5. Take the knife from your belt and twist round to the front
6. Put your feet together and keep elbows up
7. Snap knife up slightly
8. Step back with right leg into fighting stance Stab knife back and up slightly with the right hand Left hand low chop (hand turned in), Ki Hap
9. Outside to inside slice, throat height
Front kick with right leg and step forward
10. Inside to outside slice, throat height
11. Bring right leg in and up, bring the knife back
12. Step into horse stance with right leg
13. Outside to inside slice, stomach height
14. Swap to left hand, outside to inside slice, throat height
15. Front kick with left leg and step forward
16. Inside to outside slice, throat height
17. Bring left leg in and up, bring the knife back
18. Step into horse stance with left leg
19. Outside to inside slice, stomach height
20. Swap back to right hand, and step forward into fighting stance with right leg
Slice up to rib height
21. Turn 180° left into fighting stance, left leg forward
22. Outside to inside slice, throat height
23. Bring knife to shoulder, bring right leg up Step out into horse riding stance with right leg Stab out to the right Jump 180° right into horse riding stance, stab out to the right, Ki Hap
24. Step straight forward into long stance with right leg
25. Outside to inside stab, throat height
26. Slide right leg back into fighting stance, outside to inside stab, stomach height
27. Bring right leg up and in, bring knife across the body
28. Step out into horse stance with right leg; stab out to the right, stomach height
29. Turn 180° step into long stance with right leg
30. Outside to inside stab, throat height
31. Slide right leg back into fighting stance, outside to inside stab, stomach height
32. Bring right leg up and in, bring knife across the body
33. Step out into horse stance with right leg; stab out to the right, stomach height
34. Step forward into right leg fighting stance, slice up to rib height
35. Change grip and bring knife back to the hip, covering the blade with left hand
36. Step back with right leg

37. Step forward with right leg into long stance and stab out in front, left hand held out to rear, Ki Hap
38. Turn 180° left into left leg fighting stance
39. Outside to inside slice, throat height
40. Step back into right leg fighting stance
41. Inside to outside slice, throat height
42. Punch out with left hand, bring the right leg up and in, bring right hand up to left shoulder
43. Step out with right leg into horse riding stance
44. Stab out to the right
45. Slide the left foot up to right foot
46. Stab to the right, throat height
47. Step out with right leg to horse riding stance
48. Stab to the right, stomach height
49. Swap hands behind the body while turning 180° left, bring feet together Stab out to the left, throat height
50. Step out with left leg to horse riding stance
Stab to the left, stomach height
51. Turn to the right, right leg forward, both hands holding the knife out in front
Back kick with the right leg, land in a left leg fighting stance
Stab knife back and up slightly with the right hand
Left hand low chop (hand turned in), Ki Hap
52. Right leg side kick and right hand "back fist" with the knife turned along the arm
53. Land in horse stance, stab to the right
54. Turn to the left, into left leg forward fighting stance,
55. Outside to inside slice, throat height
56. Turn 180° left, bring the feet together Knife pointing down, blade covered by the left hand Twist hips to face left, lift the left foot to right knee Replace knife in the belt and twist round to the front
57. Choon Be