

## DO SAN (24 MOVEMENTS)

Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876 – 1938), who devoted his life to furthering the education of Korea and its independence movement.

Begin: Parallel Ready Stance

	Technique	Section	Stance	Direction
1.	Left outer forearm block	High	W	Left 90deg.
2.	Right reverse punch	Middle	W	-----
3.	Spot turn, move front foot accross then the back foot. Right outer forearm block	High	W	Right 180deg.
4.	Left reverse punch	Middle	W	-----
5.	Left Knife hand guarding block	Middle	L	Left 90deg.
6.	Right hand straight fingertip thrust	Middle	W	Forward
	Release from grab	-----	---	-----
7.	Left backfist side strike	High	W	Left 360deg.
8.	Right backfist side strike	High	W	Forward
9.	Left outer forearm block	High	W	Left 270deg.
10.	Right reverse punch	Middle	W	-----
11.	Spot turn, move front foot accross then the back foot. Right outer forearm block	High	W	Right 180deg.
12.	Left reverse punch	Middle	W	-----
13.	Step off with left leg Wedging block	High	W	Left 135deg.
14.	Right front snap kick	Middle	---	Forward
15.	Right punch(fast)	Middle	W	-----
16.	Left punch(fast)	Middle	W	-----
17.	Step accross centre with right foot Wedging block	High	W	Right 90deg.
18.	Left front snap kick	Middle	---	Forward
19.	Left punch(fast)	Middle	W	-----
20.	Right punch(fast)	Middle	W	-----
21.	Step accross centre with left foot Rising block left arm	High	W	Left 45deg.
22.	Rising block right arm	High	W	Forward
23.	Turn knife hand strike left hand Centre, chamber arms in front	Middle	S	Left 270deg.
24.	Knife hand strike right hand <b>SHOUT</b>	Middle	S	-----