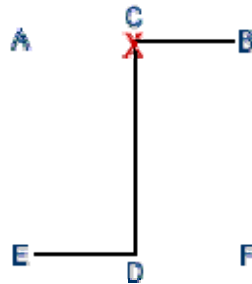




DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) who he devoted his entire life to furthering the education of Korea and its independence movement.

Movements - 24



Starting Position - PARALLEL READY STANCE

The description for this pattern assumes that the student is standing on the X and facing D.

1. Move the left foot to B, forming a left walking stance toward B while executing a high left outer forearm block to B.
2. Execute a right fist middle punch to B while maintaining a left walking stance toward B.
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high right outer forearm block to A.
4. Execute a left fist middle punch to A while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle knife-hand guarding block to D.
6. Move the right foot to D forming a right walking stance toward D while executing a middle right straight fingertip thrust to D.
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a left high back fist side strike to D.
8. Move the right foot to D forming a right walking stance toward D while executing a right high back fist side strike to D.
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high left outer forearm block to E with the.
10. Execute a right fist middle punch to E while maintaining a left walking stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high right outer forearm block to F.
12. Execute a left fist middle punch to F while maintaining a right walking stance toward F.



13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high outer forearm wedging block to CE.
14. Execute a middle right foot front snap kick to CE, keeping the position of the hands as they were in 13.
15. Lower the right foot to CE forming a right walking stance toward CE while executing a right fist middle punch to CE.
16. Execute a left fist middle punch to CE while maintaining a right walking stance toward CE. **Perform 15 and 16 in a fast motion.**
17. Move the right foot to CF forming a right walking stance toward CF while executing a high outer forearm wedging block to CF.
18. Execute a middle left foot front snap kick to CF, keeping the position of the hands as they were in 17.
19. Lower the left foot to CF forming a left walking stance toward CF while executing a left fist middle punch to CF.
20. Execute a right fist middle punch to CF while maintaining a left walking stance toward CF. **Perform 19 and 20 in a fast motion.**
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a left outer forearm rising block.
22. Move the right foot to C forming a right walking stance toward C while executing a right outer forearm rising block.
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a left middle side knife-hand strike to B.
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a right middle side knife-hand strike to A with the.

END: Bring the right foot back to Parallel Ready Stance.