Do-San

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Movements – 24

Ready Posture – PARALLEL READY STANCE Facing D.

1. Move the left foot to B, forming a Left Walking Stance toward B while executing a half-facing High Side Block to B with the left outer forearm.
2. Execute a full-facing Middle Punch to B with the right fist 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 half-facing High Side Block to A with the right outer forearm.
4. Execute a Middle Punch to A with the left fist while maintaining a full-facing Right Walking Stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a half-facing Middle Guarding Block to D with a knife-hand.
6. Move the right foot to D forming a Right Walking Stance toward D while executing a full-facing middle thrust to D with the right straight fingertip. Ki-Hap
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 half-facing High Side Strike to D with the left back fist.
8. Move the right foot to D forming a Right Walking Stance toward D while executing a half-facing High Side Strike to D with the right back fist.
9. Move the left foot to E, turning counter clockwise to form a Left Walking Stance toward E while executing a half-facing High Side Block to E with the left outer forearm.
10. Execute a Middle Punch to E with the right fist while maintaining a full-facing 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 half-facing High Side Block to F with the right outer forearm.
12. Execute a Middle Punch to F with the left fist while maintaining a full-facing Right Walking Stance toward F.
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13. Move the left foot to CE forming a **Left Walking Stance** toward CE, at the same time executing a *full-facing High Wedging Block* to CE with the outer forearm.

14. Execute a *full-facing* middle front snap kick to CE with the right foot, 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 *full-facing Middle Punch* to CE with the right fist.

16. Execute a **Middle Punch** to CE with the left fist while maintaining a *full-facing 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 *full-facing High Wedging Block* to CF with the outer forearm.

18. Execute a middle front snap kick to CF with the left foot, 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 *full-facing Middle Punch* to CF with the left fist.

20. Execute a *full-facing Middle Punch* to CF with the right fist 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 *full-facing Rising Block* with the left forearm.

22. Move the right foot to C forming a **Right Walking Stance** toward C while executing a *full-facing Rising Block* with the right forearm.

23. Move the left foot to B, turning counter clockwise to form a **Sitting Stance** toward D while executing a side facing **Middle Side Strike** to B with the left knife-hand.

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 side facing **Middle Side Strike** to A with the right knife-hand. **Ki-Hap**

**END:** Bring the right foot back to a ready posture *full-facing* towards D.