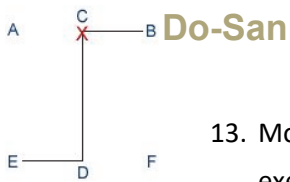


DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

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.



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.