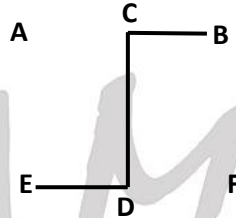


## Do San

**Do San:** (24 movements) is the pseudonym of the patriot Ahn Chang Ho (1876-1938) who devoted his life to furthering the education of Korea and its independent movement.



- You will start at C facing D

1. Move the left foot to B, forming a left walking (front) stance toward B, while executing a high side block to B with the left outer forearm.
2. Execute a middle (reverse) 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 (front) stance toward A while executing a high side block to A with the right outer forearm.
4. Execute a middle (reverse) punch to A with the left fist while maintaining a right walking (front) stance toward A.
5. Move the left foot to D, forming a right L (back) stance toward D while executing a middle guarding block to D with knife hands (Double Knife hand guarding block).
6. Move the right foot to D, forming a right front (walking) stance toward D while executing a middle thrust to D with the right straight fingertip (kwansu). **Kihap**
7. Twist the right knife hand together with the body counterclockwise until its palm faces downward and then move the left foot to D, turning counterclockwise to form a left walking (front) stance toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D, forming a right walking (front) stance toward D while executing a high side strike to D with the right back fist.
9. Move the left foot to E, turning counterclockwise to form a left walking (front) stance toward E while executing a high side block to E with the left outer forearm.
10. Execute a middle (reverse) punch to E with the right fist while maintaining a left walking (front) stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking (front) stance toward F while executing a high side block to F with the right outer forearm.
12. Execute a middle (reverse) punch to F with the left fist while maintaining a right walking (front) stance toward F.
13. Move the left foot to CE, forming a left walking (front) stance toward CE, at the same time executing a high wedging block to CE with both outer forearms.
14. Execute a 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 (front) stance toward CE while executing a middle punch to CE with the right fist.
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in fast motion.

