

Martial Arts Carolina
Form and Rank Requirement Sheet

Do-San: 24 movements

History: 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 independent movement.

Form:

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>	
Regular ready position facing North			
1. Turn CCW left outer forearm block	W	LF	
2. No step, right reverse punch			
3. Step online turn 180° CW, right outer forearm block	E	RF	
4. No step, left reverse punch			
5. Slide left foot to back stance, double knifehand block	N	RB	
6. Step forward, right reinforced spearhand KIHAP	N	RF	
7. Turn CCW 360° left back fist strike	N	LF	
8. Step forward, right back fist strike	N	RF	
9. Turn CCW 270°, left outer forearm block	E	LF	
10. No step, right reverse punch			
11. Step online turn CW, right outer forearm block	W	RF	
12. No step, left reverse punch			<i>Halfway</i>
13. Step left foot SE, twin outer forearm block	SE	LF	
14. Right front kick (mid section)	SE		
15. Right punch	SE	RF	
16. No step, left reverse punch			
17. Step right foot SW, twin outer forearm block	SW	RF	
18. Left front kick	SW		
19. Left punch	SW	LF	
20. No step, right reverse punch			
21. Step left foot S, left low block, immediately Followed by left high block	S	LF	
22. Step forward, right high block	S	RF	
23. Turn CCW 270° to middle stance facing N, left knifehand strike to W	N	M	
24. Step left to right and then step right foot to E, right knifehand strike to E. KIHAP	N	M	
Right foot returns to ready position			

Signature Techniques: 1 – 4 Front Kicks, 1 – 4 Crescent Kicks, 1 – 4 Side Kicks, Back Fist Strike, Twin Outer-Forearm Block, Middle Stance, and Front Stance.

Self Defense Techniques (*hands up touching cheeks, triangle, or at ears*): (1) Knifehand Block (back hand), #2 Round Kick, and Knifehand Strike (or Hammerfist Strike) to back, Grab collar, and “Push & pull” take-down. (2) Same block (front hand), #1 Outer Crescent Kick, #2 Side Kick, and Back Fist Strike (3) *Adult add-on* Wrist Lock from wrist grabs.