

# 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.

<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 spear hand 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		Halfway
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 knife hand strike to W	N	M
24. Step left to right and then step right foot to E, right knife hand strike to E. KIHAP	N	M Right foot returns to ready position

## Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: Outer Forearm block (back hand), #2 Front kick and step behind, Outer Forearm strike to kidney/lower back, Sweep take-down (under hook), and Punch.

(1b) SS: #1 Front kick, Jab, Cross, and #1 Crescent kick.

(2a) SD: Outer Forearm block (front hand), #1 Crescent kick, #2 Side kick, and Back fist.

(2b) SS: Other side.