

Do-San

Yellow Belt
Parallel Ready Stance

Techniques			Stance	Target
1	Left	Outer forearm block	Front	Middle
2	Right	Reverse punch	Same	Middle
3	Right	Outer forearm block	Front	Middle
4	Left	Reverse punch	Same	Middle
5	Left	Double knifehand block	Back L	Middle
6	Right	Spearhand	Front	Middle
7	Left	Backfist	Front	High
8	Right	Backfist	Front	High
9	Left	Outer forearm block	Front	Middle
10	Right	Reverse punch	Same	Middle
11	Right	Outer forearm block	Front	Middle
12	Left	Reverse punch	Same	Middle
13	Back	Wedge block	Front	High
14	Right	Turning front kick	Same	Middle
15	Right	Punch	Front	Middle
16	Left	Reverse punch	Same	Middle
17	Back	Wedge block	Front	High
18	Left	Turning front kick	Same	Middle
19	Left	Punch	Front	Middle
20	Right	Reverse punch	Same	Middle
21	Left	High block	Front	High

Technique			Stance	Target
22	Right	High block	Front	High
23	Left	Knifehand strike	Middle	Middle
24	Right	Knifehand strike (Kihap)	Middle	Middle
24 moves, Left Foot Returns				

Do San: (24 moves) 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. (Right Foot Return)