## 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.


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.
17. Move the right foot to CF , forming a right walking (front) stance toward CF while executing a high wedging block to CF with the outer forearms.
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 (front) stance toward CF while executing a middle punch to CF with the left fist.
20. Execute a middle punch to CF with the right fist while maintaining a left walking (front)stance toward CF. Perform 19 and 20 in a fast motion.
21. Move the left foot to C, forming a left walking (front) stance toward C, at the same time executing a rising (high) block with the left forearm.
22. Move the right foot to C , forming a right walking (front) stance toward C while executing a rising (high) block with the right forearm.
23. Move the left foot to B, turning counterclockwise to form a sitting (horse) stance toward D while executing a middle knife hand strike to $B$ with the left hand.
24. Bring the left foot to the right foot, and then move the right foot to A , forming a sitting (horse) stance toward D while executing a middle knife hand strike to A with the right hand.
Kihap
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