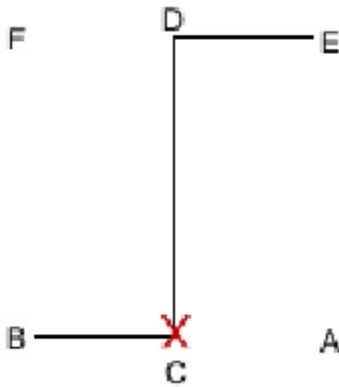


DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.



DO-SAN

Movements - 24

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B, forming a left walking stance toward B, at the same time executing a high side block to B, with the left outer forearm.
2. Execute a middle 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 stance toward A, at the same time executing a high side block to A, with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle-guarding block to D with a knifehand.
6. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
7. Twist the right knifehand together with the body counter-clockwise until its palm faces downwards (into a sitting stance, up on toes) and then move the left foot to D, turning counter-clockwise to form a left walking 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 stance toward D while executing a high side strike to D with the right back fist.
9. Move the left foot to E, forming a left walking stance toward E, at the same time executing a high side block to E, with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F, at the same time executing a high side block to F, with the right outer forearm.

- 12.** Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
- 13.** Move the left foot to CE, forming a left walking stance toward CE while executing a high wedging block to CE with the outer forearm.
- 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 foot to CE, forming a right walking stance towards 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 towards CE. Perform 15 and 16 in a fast motion.
- 17.** Move the right foot to CF, forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
- 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 foot to CF, forming a left walking stance towards 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 stance towards CF. Perform 15 and 16 in a fast motion.
- 21.** Move the left foot to C, forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
- 22.** Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
- 23.** Move the left foot to B, turning counter-clockwise to form a sitting stance toward D, while executing a middle side strike to B with the left knifehand.
- 24.** Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward A, while executing a middle side strike to A with the right knifehand.

END: Bring the right foot back to ready posture (Junbi).