

Do-San Tul

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. The pattern starts towards 'D' in Parallel Ready Stance.

1. Move the left foot towards 'B' performing a left walking stance high section outer forearm block to the side.
2. Perform a middle reverse punch whilst maintaining a left walking stance towards 'B'.
3. Move the left foot and pivot towards 'A' stepping with the right foot and performing a right walking stance high section outer forearm block to the side.
4. Perform a middle reverse punch whilst maintaining a right walking stance towards 'A'.
5. Move the left foot towards 'D' and perform a right L Stance knife hand guarding block
6. Step towards 'D' and perform a right walking stance straight fingertip thrust
7. Move the left foot and pivot whilst stepping towards 'D' performing a left walking stance high section side strike with the back fist
8. Step towards 'D' and perform a right walking stance high section side strike with the back fist
9. Step towards 'D' and turn towards 'A' whilst performing a left walking stance high section outer forearm block to the side.
10. Perform a middle reverse punch whilst maintaining a left walking stance towards 'A'
11. Move the left foot and pivot towards 'B' stepping with the right foot and performing a right walking stance high section outer forearm block to the side.
12. Perform a middle reverse punch whilst maintaining a right walking stance towards 'B'
13. Step towards CE (45 degree angle to left of centre line) in a left walking stance High Section Wedging Block with the Outer Forearm
14. Perform a middle front snap kick towards CE whilst maintaining a High Section Wedging Block with the Outer Forearm
15. Step towards CE in a right walking stance performing a Middle obverse punch towards CE
16. Perform a Middle reverse punch towards CE whilst maintaining a right walking stance
17. Step towards CF in a right walking stance High Section Wedging Block with the Outer Forearm
18. Perform a middle front snap kick towards CF whilst maintaining a High Section Wedging Block with the Outer Forearm
19. Step towards CF in a left walking stance performing a Middle obverse punch towards CF
20. Perform a Middle reverse punch towards CF whilst maintaining a left walking stance
21. Step towards 'C' in a left Walking stance performing a high rising block with the forearm
22. Step towards 'C' in a right Walking stance performing a high rising block with the forearm
23. Step towards 'C' and turn towards 'B' and perform a sitting stance knife hand strike to the side.
24. Step towards 'A' and perform a sitting stance knife hand strike to the side. Shout "Do San" after the breath.