

Do-San Tul

The Pattern is named after the An Chang-Ho, the noted Korean patriot who helped further the independence movement and education in Korea. There are 24 movements, starting towards 'D' in a Parallel Ready Stance.

1. Move the left foot and turn towards B forming a left walking stance High Section Block to the Side with the left outer forearm
2. Perform a Mid Section Reverse Punch with the right forefist whilst maintaining a left walking stance towards B
3. Move the left foot on Line AB to face A in a right walking Stance High Section Block to the Side with the right outer forearm
4. Perform a Mid Section Reverse Punch with the left forefist whilst maintaining a right walking stance towards B
5. Move the Left Foot towards D performing an Stance Knife Hand Guarding Block
6. Step towards D performing a Straight Finger Tip Thrust in a right walking stance
7. Twist the Knife Hand and the body counter clockwise so it faces palm downwards. Pull the Left Foot towards D to release and step towards D performing a High Section Strike with the Back Fist in a Left Walking Stance
8. Step towards D performing a High Section Side Strike with the Back Fist in a Right Walking Stance
9. Move the Left Foot towards E turning counter clockwise into a left walking stance towards E with the left outer forearm
10. Perform a Mid Section Reverse Punch with the right forefist whilst maintaining a left Walking stance towards E
11. Move the left foot on Line EF to face F in a right walking stance High Section Block to the Side with the right outer forearm
12. Perform a Mid Section Reverse Punch with the left forefist whilst maintaining a right Walking stance towards F
13. Move the left foot to CE forming a left walking stance towards CE performing a high section outer forearm wedging block
14. Perform a middle front snap kick towards CE keeping the hands in the same position as in 13
15. Lower the right foot towards CE forming a right walking stance towards CE performing a middle section punch towards CE
16. Perform a middle section punch towards CE whilst maintaining a right walking stance towards CE. Perform 15 and 16 in a Fast Motion
17. Move the right foot towards CF forming a right walking stance towards CF performing a high section outer forearm wedging block
18. Perform a middle front snap kick towards CE keeping the hands in the same position as in 17
19. Lower the right foot towards CF forming a right walking stance towards CF performing a middle section punch towards CF
20. Perform a middle section punch towards CF whilst maintaining a right walking stance towards CF. Perform 19 and 20 in a Fast Motion
21. Move the left foot towards C forming a left walking stance performing a rising block with the left forearm
22. Move the right foot towards C forming a right walking stance performing a rising block with the right forearm
23. Move the left foot towards B turning counter clockwise to form a sitting stance towards D whilst executing a middle side strike to B with the left knife hand
24. Bring the left foot to the right foot and then move the right foot towards A to form a sitting stance towards D whilst executing a middle side strike to B with the right knife hand. Shout "Do San" after the breath.