

## ***Do-San Tul***

*Do-San is the pseudonym of the patriot An Chang-Ho (1876-1938), who devoted his entire life to furthering the education of Korea and its independent movement.*

### **24 Movements**

#### **Parallel Ready Stance**



Start in ready Stance C facing D

1. Move the left foot to B, forming a left walking stance toward B while 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 while 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 knife-hand.
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 knife-hand together with the body counter clockwise until its palm faces downward 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, turning counter clockwise to form a left walking stance toward E while 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 while 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, at the same time 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 right foot to CE forming a right walking 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 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 left foot to CF forming a left walking 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 stance toward CF. Perform 19 and 20 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 while 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 knife-hand.

24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

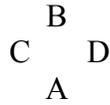
On command: "Jumbee" step right foot back to ready stance.

## ***Valor***

*To be strong and fearless.*

### **20 Movements**

#### Parallel Ready Stance



Start in ready Stance A facing B

1. Right foot back fighting stance. ***Kihap***  
Right diagonal kick to B, left back kick to B, right reverse punch to B.
2. Right turning kick to B, left back kick to B, right reverse punch to B.
3. Right diagonal kick to B (step down) right turning kick to D, (step down) right side kick to A, left reverse punch to A ***Kihap***
4. Left diagonal kick to A, right back kick to A, left reverse punch to A.
5. Left turning kick to A. right back kick to A. left reverse punch to A.
6. Left diagonal kick to A, (step down) left turning kick to C, (step down), left side kick to B, right reverse punch to B. ***Kihap***

On command: “Jumbee” step right foot forward to ready stance.

# Testing Requirements

## *Patterns*

- Do-San Tul
- Free Sparring Pattern

## *Focus Pad Attack*

- Diagonal Kick, Back Kick (Perform 5 times with each foot beginning with right foot)
- Obverse Punch (Perform 5 time with each hand beginning with the left hand)

## *Self Defense*

- Attack: Front choke hold.
- Release: Thrust right palm up and between the attacking hands to the opponent's chin. Do not move feet, but rotate shoulders and hips to achieve more distance and power. (For practice, gently push opponent away. For actual self-defense, perform with a quick snap similar to a punch)

## *Board Breaking*

- Elbow Strike

**TEST DATE** \_\_\_\_\_