


DO SAN

Intermediate Level I.T.F. Form

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Do San is the pseudonym of the patriot Ahn Ch'ang-Ho, who lived from 1876 to 1938. He devoted his entire life to furthering education of Korea and its independent movement.

Movements:

Parallel Ready Stance

1. Turn left 90°, move left foot forward to a front stance.
Left outer-forearm block
2. Right hand mid-section punch
3. Left foot back to right foot
4. Turn 180°, right foot forward into a front stance
Right outer-forearm block
5. Left hand mid-section punch
6. Bring right foot back to left foot
7. Turn 90°, move left foot forward to a back stance.
Double knife-hand block
8. Move right foot forward into a front stance
Right body thrust and Ki hap!
9. Bring left foot to right foot. Turn left 360°, move left foot forward into a front stance
left backfist strike to the head
10. Move right foot into a front stance
right backfist strike to the head
11. Turn left 270°, move left foot forward into a front stance.
left outer-forearm block
12. Right hand mid-section punch
13. Left foot back to right foot
14. Turn right 180°, right foot forward into a front stance
Right outer-forearm block
15. Left hand mid-section punch
16. Bring left foot to right foot. Turn left 135°, move left foot forward into a front stance
Choke block
17. Right front kick to mid-section, land with right foot forward in a front stance
18. Right hand body punch
19. Left hand mid-section punch
20. Bring right foot to left foot. Turn right 90°, move right foot forward into a front stance.
Choke block
21. Left front kick to mid-section, land with left foot forward in a front stance
22. Left hand mid-section punch
23. Right hand mid-section punch
24. Bring left foot to right foot. Turn left 45°, move left foot into a front stance
Left hand high block
25. Move right foot into a front stance
Right hand high block
26. Bring left foot to right foot. Turn left 180°, look left and move left foot sideways into a horse-riding stance. Left knife-hand strike.
27. Bring left foot to right foot. Look right, move right foot sideways into a horse-riding stance. Right knife-hand strike and Ki hap!
28. Bring right foot into a Joon bee position.