









Pattern 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 education in Korea and its independence movement. (24 movements).

starting position	1.turn left: WS	2.don't step: WS
Chunbi sogi	L high outer forearm block	R reverse punch
		
3.step front foot turn: WS	4.don't step: WS	5.turn 90 degrees: LS
R high outer forearm block	L reverse punch	L knifehand guarding block
		
6.step forward: WS	7.release from grab	7.step forward: WS
R fingertip thrust	turn backwards	L backfist side strike
		

8.step forward: WS	9.turn 270 degrees: WS	10.don't step: WS
R backfist side strike	L high outer forearm block	R reverse punch
		
11.step front foot turn: WS	12.don't step: WS	13.bring L foot to R foot
R high outer forearm block	L reverse punch	step L foot 45 degrees, wedging block
		
14.Right leg front kick	15.step forward: WS	16.don't step: WS
land in R walking stance	R middle punch	L reverse punch
		

17.turn 90 degrees: WS	18.Left leg front kick	19.step forward: WS
Right leg forward wedging block	land in left walking stance	L middle punch
		
20.don't step:WS	21.step forward onto centre line	22.step forward: WS
R reverse punch	L rising block: WS	R rising block
		
23.turn 270 degrees:SS	24.step left foot to right foot	step right foot
L knife hand strike	R knife hand strike: SS	chunbi sogi
		